

Carolina country



A Carolina Idol

ALSO INSIDE:

Before air conditioning

What are capital credits?

The mighty muscadine

#BXNGZPM *****AUTO**3-01611 275
#0440722964300005#
N CAROLINA COLLECTION
MILSON LIBRARY
3930 UNC-CH
CHAPEL HILL NC 27599-0001

8 37

ELECTRONIC SERVICE REQUESTED

Your Touchstone Energy Cooperative
P.O. BOX 27306, RALEIGH, NC 27611

PERIODICAL

How to replace your refrigerator—see page 24

SHOWER EASILY! SHOWER SAFELY!

With A Premier Care in Bathing Easy-Access Shower!

As Seen
On TV!



THE FIRST SHOWER
COMMENDED BY THE
ARTHRITIS FOUNDATION

*Change Your Shower,
Change Your Life!*

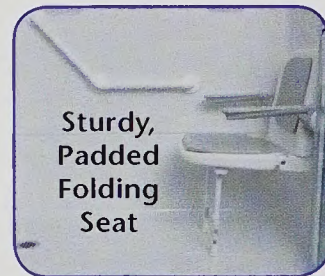
ULTRA LOW ENTRY MEANS NOTHING TO STEP OVER!

- Regain Your Independence!
- Fits Existing Bathroom Space!
- We Handle Full Installation!

COMFORT and SAFETY! Our new walk-in shower featuring DELTA™ Brand Fixtures let seniors (and those confined to a wheelchair) shower conveniently and independently, without risking injury! All models feature easy-clean, sturdy wall panels, 2 long, secure hand rails, screen or tempered glass doors, fixed and flexible shower heads, a slip resistant floor, PLUS a comfortable, padded seat that holds up to 500 lbs. and folds out of the way!



Adjustable,
Easy-Glide
Shower
Head



Sturdy,
Padded
Folding
Seat

CALL NOW TOLL-FREE
1-800-578-2899

Promo Code 2890071

"We
Handle
Everything!"



Premier Care
in Bathing

No One Takes Better Care Of You!

Promo Code
2890071

Please send me a **FREE brochure** on Premier Care Easy-Access Showers!

Name _____

Telephone (Required for Processing) () _____

Email _____

Address _____

City _____

State _____

Zip _____

Send to: Premier Care in Bathing
2330 South Nova Rd., South Daytona, Florida 32119



Proudly made
in the USA



Financing by
GE Money
Offer subject to
approval from
GE Money Bank

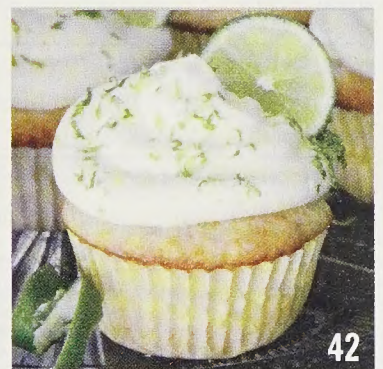


FEATURES

- 6** *Scotty Won!*
A report from inside Garner's "American Idol" watch.
- 10** *Before Air Conditioning*
Oscillating fans, lemonade or iced tea, high ceilings and big windows made life tolerable.
- 12** *What Are Capital Credits?*
A Q&A on how it pays to be a member of an electric cooperative.
- 15** *No Better Way*
Mike Beasley's career with Surry-Yadkin EMC.
- 16** *The Return of the Joe Reets*
No bird was safe from young Wades Point hunters back in those days.
- 18** *The Mighty Muscadine*
A native North Carolina grape shows remarkable benefits for our health.
- 26** *Legal Corn Liquor*
North Carolina spirits get brighter—the legal way.
- 28** *The Fort Fisher Hermit*
And other things you remember.

ON THE COVER

Scotty McCreery performs at Lake Benson Park during his hometown visit, May 14, in Garner. See more on page 6.
(Photo by Frank Micelotta/FOX/PictureGroup via AP Images.)



FAVORITES

- 4** *First Person*
Renee Ellmers on encouraging innovation. Also: after the storms.
- 8** *More Power to You*
New general managers at two co-ops.
- 25** *Where Is This?*
Somewhere in Carolina country.
- 30** *Carolina Country Store*
Fiesty salsa and new bluegrass.
- 31** *Marketplace*
A showcase of goods and services.
- 32** *Joyner's Corner*
Marquee mischief.
- 34** *Carolina Gardens*
Sweet potatoes.
- 36** *Carolina Compass*
Events for the Civil War's 150th.
- 40** *On the House*
Wading through energy-saving claims.
- 41** *Classified Ads*
- 42** *Carolina Kitchen*
Major league key lime cupcakes.



Read monthly in more than 650,000 homes



Published monthly by North Carolina
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



Member, Audit Bureau of Circulations

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.

Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

PDSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.



Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Encouraging innovation to bring jobs to North Carolina



By Rep. Renee Ellmers

Before I was elected to Congress last fall, I had spent over 21 years as a registered nurse caring for patients and helping people reach their full potential. In my new position in Washington, I'm using those same skills to create jobs and get our economy back on track. I've been in Congress for only a few months now, but I have already learned that nothing worthwhile can be accomplished easily and there is much work to do, starting with jobs and small businesses.

Small businesses are the backbone of our economy and the provider of millions of jobs across North Carolina. Through non-profit groups and business cooperatives, businesses can succeed and give back to their community while remaining self-sufficient. I learned this firsthand as a founding board member of South River EMC's Community Assistance Corporation in

Dunn. We partnered with the co-op's Operation Round Up program, which gives members the opportunity to round up their electric bill to the next dollar. Added together, these pennies turn into major dollars that are invested back in the community in the form of education grants. To date, Operation Round Up nationally has raised over \$50 million to better the lives of countless people and families.

Now, we must expand the scope of our efforts if we are to create jobs and bring sustainable prosperity back to North Carolina. We must give entrepreneurs the tools to create valuable products while preventing government bureaucracy and costs from stymieing

growth. I have been working with my colleagues on the House Small Business Committee to put forth new initiatives and get the ball rolling.

One of these initiatives — the Small Business Innovation Research program (SBIR), created in 1982 — has helped feed federal research and development grants to small businesses, the country's best innovators. The objectives of the SBIR program are threefold: to increase stimulation of technological innovation in the small business sector, to utilize this community to meet the diverse research and development needs of the federal government, and to commercialize federally funded

results, such as transforming a bomb disposal robot for the military to a vacuum robot for the public.

Not only do great products and services develop from the program, so do quality jobs. Since 2006, over 427 awards were granted to small businesses throughout the

state, resulting in thousands of jobs and increased business through innovation. Better still, the SBIR program does not cost taxpayers any additional dollars. The program simply requires that federal agencies slice out a small percentage within their overall budget for which small firms can compete.

It is because of my experiences with co-ops, small businesses and community-sustaining programs in the private sector that I am advocating for these programs to continue to allow innovation and investment to springboard ideas, create jobs and spur economic growth. ☐

Congresswoman Renee Ellmers, a Republican from Dunn, chairs the House Small Business Subcommittee on Healthcare and Technology.

Safety first!

We regret using the photo in May's magazine that illustrated installation in a trench of a geothermal heat pump's exchanger coils. Among several comments was one from Curt Powell, a member of Edgecombe-Martin County EMC, that "There is no reinforcement of the trench walls to prevent a cave-in on the installer. Although the earth appears dry and solid, the OSHA inspector would have a major fit if he came upon that scene."

—The Editors

After the tornado

First of all, thanks to God for sparing the lives of all our friends and neighbors here in Bethel Hill (Person County) when an EF2 tornado struck on the afternoon of April 16. Our school and many of our homes were damaged, but the community is still intact.

To the hundreds who assisted us — local residents, church groups, other charitable organizations, young people who sacrificed a portion of their spring break, total strangers — we can never offer enough thanks. Folks from Carolina country are the best

neighbors in the world. To the fire and rescue companies who cleared the way and checked on our safety in the aftermath, and to the utility workers who restored our power and phone service, thank you for all you do. The emergency response of Piedmont EMC, working with Progress Energy, could not have been better. We had power back to Bethel Hill Baptist Church within a day, allowing its use as a command center and dining hall.

*Dudley Dawson,
Bethel Hill Baptist Church
Piedmont EMC*



Magnum

This is my son Thad Watkins and his goat. Magnum is a 3-year-old painted Boer goat. His job in the pasture is to breed the nannies

Donna Younts, Thomasville, EnergyUnited



Party melon

This is my 3-year-old niece enjoying watermelon at her birthday party last year.

Tonya Jahr

After the terrible storm

It has not yet been 24 hours since the terrible storm of May 10 began around 11:55 p.m. in our little community of Gilkey (Rutherford County). Last night we were all huddled in a tiny hallway in our home, praying to God to save us from a storm like none of us have ever encountered. The force of the wind was mighty but silent, as if we were in a vacuum. I thought the roof would be completely pulled off, like someone ripping a lid off of a box. The only sound was of rain and things hitting the northerly side of the house. Outside it was an unearthly blackness.

We called Rutherford Electric to report the damage, and the gentle, kind and reassuring voice of the lady on the phone let me know that help would be on the way. And when they arrived, it was like the arrival of the U.S. Cavalry. One young man explained that he had no power at home, and when he was called in he had dressed by cell phone light.

Rutherford Electric stuck to their word and had power back on to our 15 families by 3 p.m. Thank you.

The Sanders family, Rutherfordton

Contact us

Website: www.carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 875-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

Find us on facebook at
www.carolinacountry.com/facebook





At the May 14 concert at Lake Benson Park, fans poured in from all over. My 10-year-old Jenna waited all day to get a first-hand look at Garner's American Idol. And my 7-year-old Brooke waited patiently in her Scotty shirt and hat.

Becoming the American Idol: It's all about your town

By Kim Whorton Tripp

Scotty McCreery at 17 has been on the ride of his life, and his hometown of Garner has taken the trip with him.

As his chances to win the "American Idol" TV singing competition grew this spring, so did talk around our town. For instance, Scotty's mama's best friend at First Baptist Church has her hair done by my hairstylist, who told me the family may have to move to Nashville or Los Angeles now that Scotty is the American Idol.

You could tell someone's connection to Scotty by their t-shirt. First Baptist Church members wore yellow shirts with "TEAM SCOTTY" on the back.

The people at the Fonville Morisey real estate office, where Scotty's mom, Judy, works, dressed smartly in bright red shirts that proclaimed, "We Are Sold On Scotty!" Employees from Lowe's Foods (where Scotty once bagged groceries) appeared at Scotty events in their green shirts and aprons passing out cupcakes. A throng of teenagers from Garner Magnet High School (GMHS) wore t-shirts in the school's Trojan blue that read "BLUE CREW," just like the one Scotty wore on TV.

And all of us adopted the town's new slogan, "Go Scotty!," seen in yards and on buildings everywhere.

In April, I began bringing a group of

excited 7 to 12-year-old girls to Scotty viewing parties Thursday nights. These events were like a church picnic and included lots of food and Scotty crafts for the kids: quilt squares for Scotty, a "Go Scotty" flag, a "We (heart) Scotty" hat. We loved Scotty, his impeccable southern manners and how he professed his strong Christian faith.

On the morning of May 14, some 30,000 fans came to the Scotty parade and free concert at Lake Benson Park. (Garner's population is all of 26,000.) Foreboding black clouds and possible thunderstorms didn't keep a soul away from the day-long event that culminated with Scotty's performance that afternoon. Scotty told us he prayed for good weather, and sure enough the party was over before the rain came.


Just before the show's May 26 season finale, church member David Andrews handed out "My Story" pamphlets that chronicle Scotty's upbringing and suggest "How to begin a relationship with Jesus Christ." Like so many in Garner, Andrews has known Scotty and his family for years. "If you see an older lady out here with one of these shirts on," he said, "she may have very well once changed his diaper."

I took my daughters to be among the 8,200 people to see the finale aired on a big screen at the RBC Center in

Raleigh. We met Roxanne Nathe, in a familiar red t-shirt, fanning herself with a picture of Scotty's face on a popsicle stick. She mused on how we could win the competition. "It's the support you get. It's all about your state, all about your town."

And Garner was in it to win. Legions of little girls and their mothers and grandmothers (including my own!) voted by text, phone and online. One mom texted her vote 200 times. Another said she voted the maximum 100 times online and then switched to voting by phone. She estimated that she got through several times a minute for four solid hours.

Here in Garner, Ford donated \$10,000 to Garner Magnet High School. Profits from the sale of Scotty t-shirts and merchandise will be donated to Scotty's favorite charities. He chose the Chorus Department at GMHS, his youth missions group at First Baptist Church and the GMHS baseball team, which needs new uniforms. Paulette Disbrow of PKD Screenprinting, said, "All that money is going to stay right here in Garner."

So now, people who live in the nearby city may say, "I'm from Raleigh. You know, just outside Garner." 

Kim Whorton Tripp is a Carolina Country contributing writer.



FOR 12 MONTHS
The SELECT™ package

After rebate

Custom installation extra. Additional fees required.

All offers require 2 year agreement.* Package pricing may vary in certain markets. Free HD requires Auto Bill Pay. Offer ends 7/20/11. Another offer will be available after 7/20/11. Credit card required (except in MA & PA). New approved customers only (lease required).
\$19.95 Handling & Delivery fee may apply. Applicable use tax adjustment may apply on the retail value of the installation.

Spanish-language packages available!
Ask how.

CREDIT/PROGRAMMING OFFER: IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVAILING RATES. Free SHOWTIME for 3 months, a value of \$38.97. Free Starz, SHOWTIME and Cinemax for 3 months, a value of \$135. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: SELECT \$44.99/mo., CHOICE \$60.99/mo., CHOICE XTRA \$65.99/mo. Prices include a \$15 instant rebate for SELECT and \$21 instant rebate for CHOICE and above 12 months, plus an additional \$5 with valid email address. Eligibility based on ZIP code. Upon DIRECTV System activation, customer will receive rebate redemption instructions [included in customer's first DIRECTV bill, a separate mailing, or, in the state of New York, from retailer] and comply with the terms of the instructions. In order to receive \$31 monthly credits, customer must submit rebate online (valid email address required) and consent to email alerts prior to rebate redemption. Rebate begins up to 8 weeks after receipt of rebate submission online or by phone. Promotion of promotional price varies based on redemption date. ****FREE HD OFFER:** Includes access to HD channels associated with your programming package. To be eligible for Free HD you must activate and maintain the CHOICE XTRA Package or higher and enroll in Auto Bill Pay. Also requires at least one (1) HD Receiver activation of HD Access. Account must be in "good standing" as determined by DIRECTV in its sole discretion to remain eligible for all offers. In certain markets, programming/pricing may vary.

LEASE AGREEMENT - EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH. Must maintain 24 consecutive months of your DIRECTV programming package. DVR Service \$7/mo. required for DVR and HD DVR lease. HD Access fee \$10/mo. required for HD Receiver and HD DVR. No lease fee for only 1 receiver. Lease fee for first 2 receivers \$6/mo.; additional receiver leases \$6/mo. each. **NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT WILL BE SOLD AS-IS.**

SAPPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS. DVR or HD advanced receiver instant rebate requires activation of the CHOICE package or above. HD DVR upgrade requires activation of CHOICE XTRA package or above. Second advanced receiver offer requires activation of an HD DVR as the first receiver upgrade and subscription to WholeHome DVR service (\$3/mo.). Additional advanced receiver upgrades available for a charge. **INSTALLATION:** Standard professional installation only. Custom installation extra.

*Eligibility for local channels based on service address. **To access DIRECTV HD programming, an HD Access fee (\$10/mo.) and HD television equipment are required. Number of HD channels varies by package selected. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in first bill. ©2011 DIRECTV, Inc. DIRECTV and the Cyclone Design logo, CHOICE and CHOICE XTRA are trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.



U.S. Sen. Richard Burr (right), a Republican from Winston-Salem, addressed an assembly of North Carolina's electric cooperative board members and staff during their recent visit to Washington, D.C., to discuss issues of importance to cooperatives and their communities. At left, Rep. Mike McIntyre, a Democrat from Lumberton, met with co-op delegates from Brunswick EMC, Four County EMC, Lumbee River EMC, South River EMC and Tri-County EMC.

Greg Puckett takes the general manager's reins at Surry-Yadkin EMC



Greg Puckett has been named general manager of Surry-Yadkin EMC, succeeding Michael S. Beasley who retired June 1. Puckett has worked at the cooperative 24 years, holding positions of staking engineer, operations supervisor and since June 2010 assistant manager.

Puckett grew up in Surry County, which he says gives him a real advantage as the new general manager: he knows the people the co-op serves. While working as a staking engineer, he spent many hours of his day visiting new home sites and assisting members in making changes to their service. As operations supervisor, he managed crews and handled high stress situations such as power outages and storm-related issues. During the past year, he worked alongside Mike Beasley learning the ins and outs of the co-op, helping to manage the employees and working one-on-one with members and local business partners.

"Greg's years of experience at Surry-Yadkin EMC will ensure the longevity and continued success of the cooperative," said board president Lee Von "Toby" Speaks. "We look forward to what new and exciting ideas he will bring to the co-op in the coming years."

Greg Puckett lives in Mount Airy with his wife, Angie, and two sons, Justin and Jacob.

Surry-Yadkin EMC serves about 27,000 member-accounts in Surry, Yadkin, Wilkes and parts of Stokes and Forsyth counties.

Beaufort County manager Paul Spruill becomes CEO of Tideland EMC on July 5



The Tideland EMC board of directors recently appointed Paul Spruill as the cooperative's new general manager and chief executive officer beginning July 5. Spruill most recently has served as county manager for Beaufort County.

A native of Bertie County, Spruill is a graduate of Wake Forest University and holds a Masters in Public Administration from the University of North Carolina at Chapel Hill. He worked in the Fairfax County, Va., government before returning to North Carolina as Grifton's town administrator. He helped that rural community recover from Hurricane Floyd which ultimately claimed 20 percent of the town's residential structures. From 2000 to 2003, Spruill served as assistant county manager for Chatham County, where he prepared the county's first Capital Improvements Plan specific to utilities.

As Beaufort County manager since 2003, Spruill supervised 288 full-time employees, as well as a \$5 million water utility and a \$50 million general fund.

Ray Hamilton, who was Tideland EMC's board president at the time of Spruill's appointment, said, "We are thrilled that Paul Spruill will be joining our co-op family in July. He understands the unique nature of eastern North Carolina, has a proven track record when it comes to fiscal management and organizational efficiency, and has a strong background in project management."

Tideland EMC serves 22,725 member accounts in Beaufort, Hyde, Pamlico, Craven, Washington and Dare counties.

Try This!

Monitor your power usage to help decide if you need a new appliance

By Megan McKoy-Noe

When buying groceries, it's easy to stay within budget — simply add up the price tags for each item in your cart.

Now imagine the same principle for your monthly electric bill. By using a power monitor, you can better estimate the “price tag” — the amount of energy consumed by your refrigerator, washer and dryer, light bulbs, air conditioner, laptop and more.

Electric use monitors record how much electricity an individual appliance or group of appliances consumes. (Some examples are P3 International's Kill A Watt monitor series or Blue Line Innovation's Power Monitor.) Although every product is different, monitors generally show the amount of energy being used in kilowatt-hours (kwh) and how that calculates into dollars and cents.

Generally, monitors include the national average kwh rate — currently 11.5 cents. But you can program the unit with your co-op's residential rate to keep results accurate.



The Kill A Watt meter plugs into an outlet and shows how much electricity an appliance uses. It can be purchased at most home improvement stores.

Monitor models

There are different monitor styles. The Kill A Watt series features three main models. The original, P4400, gets placed between a power outlet and an individual appliance; energy use is only tracked for that one appliance. The P4200 features multiple plugs (up to eight) for outlets throughout a home, all connecting wirelessly to a central unit that displays combined energy use and costs. The PS-10 unit doubles as a surge protection power strip; an electric use display on one side of the 10-outlet power strip shows how much energy every item plugged into it consumes.

If you don't want to buy individual outlet devices, Blue Line Innovations' Power Monitor has a sensor that connects directly to your home's meter. A wireless monitor stays in the house, providing a birds-eye view of your energy use. The monitor shows how much energy you're currently using, how much you're paying per hour for that power, and the highest amount you've spent on energy over the past 24 hours. By turning appliances on and off, it's easy to see the impact each device makes on your monthly electric bill.

“Since it tells me every hour how much power I'm using, I can estimate what my power bill will be for the month,” explains Bill Sansom, chairman of the Tennessee Valley Authority, an agency created by Congress to develop hydroelectric resources throughout the Tennessee River Valley. Sansom uses a Blue Line Innovations' monitor at home.




By turning an appliance on and off while monitoring power use, you can track down energy hogs and uncover ways to save on your electric bill.

“Monitors force you to consider, ‘What am I running that I don't have to run?’”

Efficiency detectives

Power monitors are handy for determining whether it's time to replace an aging, inefficient appliance with a new one. For example, you can plug a refrigerator into a Kill A Watt P4400 and the screen shows how much energy its drawing. You could save \$100 per year or more on your utility bills by upgrading from a 1980s refrigerator to a new Energy Star-qualified refrigerator.

Monitors can be purchased at home improvement super centers, online, and in some areas, borrowed from local libraries. Some co-ops offer them as well. However, installing one of these devices is only one small part of any effort to save energy. You should also consider replacing incandescent lightbulbs with compact fluorescent lamps or setting the thermostat back when no one is at home. Find more ways to save at TogetherWeSave.com. 

Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association. Brian Sloboda contributed to this article.

Can you help others save energy?

Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Summertime without air conditioning



By Donna Campbell Smith

Summertime was relaxed and slow when I was a child growing up in Plymouth, N.C. We didn't have air conditioning back then. Our houses had floor-to-ceiling windows to let in the breeze, and if the breeze needed a stir we had fans. The best fans oscillated so that everyone in the room got a moment of air movement, between sips of their iced tea.

Daddy worked at the paper mill, Kieckhefer Container Company, which in 1957 merged into Weyerhaeuser Paper Company. When he got home from work in the summertime, Mama put a little personal-size fan right in front of him on the dining room table. I remember him sitting there at the head of the table, his shoulders dropped in fatigue, with that little fan blowing cool air directly on his face. The paper mill was reported to reach 110 degrees even in non-summer months because of the energy released by the huge paper machines. There was no air conditioning in those vast buildings.

I don't remember hearing of people dying from the heat. We didn't have a TV either, so if they did we didn't hear about it on the six o'clock news. We children took afternoon naps, which kept us from exerting ourselves in the heat of the day. Mama and her neighbors had their housework done by the afternoon and visited one another over iced tea.


After supper, families congregated on their front porches and enjoyed the cool evening air while sipping a cool drink. Swaying back and forth on the porch swing was another way to stir up a breeze. I miss front porch sitting.

The town of Plymouth is situated on the banks of the

Roanoke River, just before it empties into Albemarle Sound. On the north side of the sound was a popular little beach called Sandy Point where we swam, sunbathed and ate Popsicles to cool off.

Teenagers took refuge on hot afternoons at the corner drug store. Big ceiling fans hummed and swirled the air. It smelled like Coca Cola, perfume and medicine. Mr. Womble, of Womble's Drug Store, was the most tolerant man in the world. He saved the out-of-date comics and left them stacked on the tables. We indulged in free reading while sitting in the old wooden booths at the front of the store and sipping Coca Colas, oblivious to the scorching heat outside.

Our summers were longer back then. Anyone with any sense knew kids couldn't learn while it was hot, and besides that, the farmers needed them home to help put in tobacco. We town kids went back to school the day after Labor Day, and the farm kids were excused until mid-October.

I believe it is also possible that it didn't get as hot in our small, rural town back when I was a kid. We hadn't cut down all the trees and covered the earth with asphalt yet. So, oscillating fans, tall glasses of lemonade or iced tea, high ceilings and floor-to-ceiling windows made life tolerable. Summer really was easier then, and it was fun. It just might be a good idea to turn back the pages of time and the thermostats, and enjoy some of those cooling practices of the days before air conditioning. 

Donna Campbell Smith is a freelance writer and photographer living in Franklinton.



Limited Availability

Less Than
~~400~~ 290
Ounces
of Tanzanite
Remain in
This Special
Purchase.

*2 carats of
Genuine
Tanzanite
Save near \$700!*

African Gem Cutter Makes \$2,689,000 Mistake...Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones.

Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a few years supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth Avenue are more than happy to charge you outrageous prices for this rarity. Not Stauer. Staying true to our contrarian nature, we've decided to *lower the price of one of the world's rarest and most popular gemstones.*

Our 2-Carat *Sunburst Tanzanite Ring* features marquise-cut gems set dramatically in gorgeous sterling silver. Each facet sparkles with the distinct violet-blue hue of the precious stones. Behind the shine you'll find that the exquisite silverwork of the setting calls to mind the detailed treasures being produced by Europe's finest jewelers. This is a ring designed to impress and it does not disappoint.

Now is the point where opportunity knocks. If you open that door today, you can own this spectacular ring for less than \$100. If you wait? We can't say for sure.

Your satisfaction is completely guaranteed. For our client-friendly approach, Stauer has earned a rare A+ rating from the Better Business Bureau, a rating we wish to keep. So, of course, your satisfaction is 100% guaranteed. If you are not completely aglow with the *Sunburst Tanzanite Ring*, send it back within 30 days for a prompt and courteous refund. But, please don't wait, our supply is dropping rapidly.

JEWELRY SPECS:

– 2 ctw genuine tanzanite – .925 sterling silver setting – Ring sizes 5–10

Sunburst Genuine Tanzanite Ring (2 ctw)—~~\$795~~

Now \$99 +S&P *Save \$696*

Call now to take advantage of this limited offer.

1-888-201-7112

Promotional Code TZR391-02
Please mention this code when you call.



ACCREDITED
BUSINESS

Stauer has a **Better Business
Bureau Rating of A+**

Stauer®

14101 Southcross Drive W., Dept. TZR391-02
Burnsville, Minnesota 55337

stauer.com

It pays to be a member of a cooperative

Questions & Answers About Capital Credits

What are capital credits?

Because a cooperative is incorporated as a not-for-profit business owned by its members, it does not technically earn profits. Instead, any revenues over and above the cost of doing business are considered "margins." These margins are retained for a period of time and as such represent capital furnished by the members to the cooperative for use as operating capital. This capital allows your cooperative to finance operations and construction, with the intent that this capital will be retired or returned to you in later years. This reduces borrowing expenses for your cooperative and in turn keeps electric rates low.

What's the difference between allocated and retired capital credits?

Allocated capital credits appear as an entry on the permanent financial records of the cooperative and reflect your equity or ownership in the cooperative. When capital credits are retired, a check or credit is issued to you. These payments generally are made to members after a specified time period. Each cooperative maintains its own policy on when capital credits are retired.

How are capital credits calculated?

All members who purchase electricity during a year in which the cooperative posts margins earn capital credits based on how much electricity they purchase in that year. The more electric service you buy, the greater your capital credits account — although the percentage will remain the same. The sum of your monthly bills for a year is multiplied by a percentage to determine the allocation of your capital credits.

What percent of my bill is returned as capital credits?

The percentage of your total payment that is allocated as capital credits varies from year to year, depending upon the margins of the cooperative. Capital credits are only allocated for a year in which your cooperative earns margins. Since capital credits are a member's share of the margins, no credits are allocated for a year when there are no margins.

Do I have to be a member for an entire year to earn capital credits?

No. Capital credits are calculated based upon a member's monthly bills. If you are billed for service for even one

month, you will accumulate some capital credits, if your cooperative earns margins in that year.

Can I use the capital credits I have allocated to pay my electric bill?

No. Allocated capital credits may not be used to pay current bills. Your electric bill is due now, whereas you may not be entitled to receive your capital credits for many years.


What happens to the capital credits of a member who dies?

The capital credits of a deceased member may be paid without waiting for a general retirement. However, these estate payments are not automatic. A representative of the estate must request the credits by submitting verifying documentation required by your cooperative. Ask your cooperative how to submit a claim for a deceased member.

Will I receive a capital credits check or credit every year?

Not necessarily. The cooperative's board of directors must authorize a retirement before you receive a check or credit. When considering a retirement, the board analyzes the financial health of the association and will not authorize a retirement if it is not financially advisable. The cooperative's lenders, such as the Rural Utilities Service, also have a say in when the cooperative can authorize a retirement.

What happens to my capital credits when I leave the cooperative?

Your capital credits remain on the books in your name and account until they are retired. Because payments generally are made years after you earn them, you should ensure that your cooperative has your current mailing address after you leave. If members who leave the cooperative do not later claim their capital credits, your cooperative makes a good faith effort to notify members or their estates that their capital credits are available. Unclaimed capital credits are eventually sent to the North Carolina Treasurer's Office to await claim by the rightful owner. To search the state's unclaimed property records, visit www.nctreasurer.com. 

RECEIVE A
**FREE
SURPRISE
GIFT**
WITH EVERY ORDER



MAXIMUM SECURITY!

DELUXE VERSION
NEW EXCLUSIVE DESIGN!

Zip-Up Security I.D. Case

ONLY \$797

BUY 1 GET 1 FREE!

AND...

FREE SHIPPING!

Dept. 64247 © 2011 Dream Products, Inc.



**Handy Front
I.D. Window**

**HOLDS
34
CARDS!**

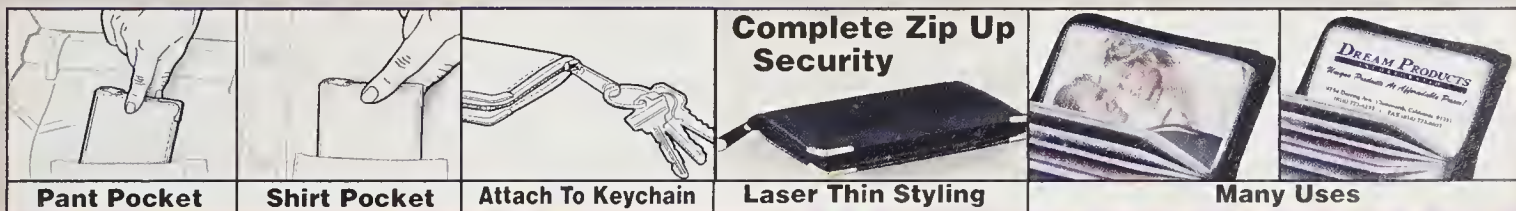
MONEY POCKET

So Slim...So Convenient!

**Full Zip
Around
For
Complete
Security**



Also Great For Photos & Cards



Pant Pocket

Shirt Pocket

Attach To Keychain

**Complete Zip Up
Security**

Laser Thin Styling

Many Uses

www.DreamProductsCatalog.com

(website offers may vary) **OR ORDER NOW
TOLL-FREE**

1-800-530-2689

Protect Your Cash & Credit Cards!

This case is so thin it must have been cut by a high precision laser beam. Soft, rich leather case with brass trim has full zip around protection for **MAXIMUM SECURITY** for all your cards & cash. So thin and compact, it fits easily in your shirt/pant pocket or even attaches to your key ring. Easily hidden...you'll never worry again! Clear windows hold up to 34 credit cards, photos and cash plus there's a bonus outside window pocket for I.D.'s. Compact fashion import measures 4 1/4" x 2 3/4". Order now and get a second one **FREE** plus **FREE** Shipping **AND** a **FREE** surprise gift!

Satisfaction Guaranteed or Return For Your Money Back

ZIP-UP SECURITY I.D. CASE

(94355)	Black Security Case(s) @ \$7.97 each	PLUS BLACK FREE	\$
(94356)	Burgundy Security Case(s) @ \$7.97 each	PLUS BURGUNDY FREE	\$
(94357)	Black Security Case(s) @ \$7.97 each	PLUS BURGUNDY FREE	\$
	CA residents must add 8.25% sales tax		\$
	Regular Shipping Add: \$3.95	FREE	\$
	Add \$1.00 Handling (no matter how many you order)		\$ 1.00
<input checked="" type="checkbox"/>	FOR EXPEDITED SHIPPING (optional) Add An Additional \$2.95 (receive your order 5-7 days from shipment)		\$ 2.95
PLEASE PRINT CLEARLY			TOTAL \$

☐ VISA ☐ MasterCard ☐ Discover@/NOVUSSM Cards **Dept. 64247**

Card# _____ Expiration Date _____

Name _____

Address _____

City _____ ST _____ Zip _____

Daytime Phone # _____

Email Address _____

Check or money order payable to: **Dream Products, Inc.**
Send Order To: 412 Dream Lane, Van Nuys, CA 91496

Woman Miraculously Looks 10 Years Younger

Friends and Neighbors Accuse Her Of Surgery

Turn back time with the Complete Rejuvenation System. Miracle Anti-Aging Breakthrough eliminates Wrinkles, Age Spots, Redness, and Enlarged Pores once and for all! AND Its practically Risk free!

Ellen a woman living in Northern Florida, at the age of 49 had looked older than she really was since very early on. "Even in my 30's, I knew that people looked at me, and thought I could have been mid 40's..." Ellen commented, when asked about how she perceived her image. "Once I hit 45, I KNEW that I looked around 55-60, and I believed that I had to just accept it. I guess my friends thought I looked old too, because when my face changed so quickly, they couldn't stop telling me how great I looked, or even accusing me of getting a face lift!"

What about her skin made her look so old?
It was a combination of several things. The first thing were the dark circles under her eyes that made her eyes look tired and old... even sunken into her head like an elderly, sickly woman. If that wasn't enough, there were bags under the eyes that sagged, deep wrinkles around her eye area, and deeper ones next to her mouth. "I smoked for years, and didn't avoid the sun... so my skin had the look of old leather, with deep set wrinkles and lines." The final layer to her appearance that really made her look older than she was, were the sun spots and discolorations on her cheeks. Between all of these conditions on her skin, Ellen looked at least 20 years older than she really was. A sad condition that many men and woman suffer from.

What did Ellen do to change her skin...and her Life?

The decision to take control of her look, and make a conscious effort to look younger was the first big step. After that came the research... and the long journey in search of a skin care product that could take the years and damage off Her face. "After 5 years of trying products that didn't work, I finally discovered the Dermagist Complete Rejuvenation System®. The Three products in this system zapped my wrinkles, smoothed off the age spots and redness I had, and even gave me an instant lift to my skin. I felt like I had found the fountain of youth!"

What is life like NOW for Ellen?

"Now that the Dermagist Complete Rejuvenation System® has made my skin look so much younger, it is incredible how my self-esteem has sky-rocketed. I feel beautiful again. I am literally Bursting with pride in how I look and it has empowered me to start dating again, and I almost teared up when a handsome man in his 30s approached me for a date. My family is so proud of me for changing my life and using the Dermagist products. My entire outlook on life is bright, positive, and I'm Literally glowing with confidence. For as long as I can remember I looked older than I wanted to, and I lived a shallow and shameful life. Using Dermagist allowed me to break free!"

*Seeing Is Believing....
Before & After
Pictures*



"After 5 years of trying products that didn't work, I finally found the Dermagist Complete Rejuvenation System... I felt like I had found the Fountain of Youth!"

- Ellen Mc Masters

Complete Rejuvenation System®



**Ground breaking 3 Part System
Removes Wrinkles, Erases Age Spots
& Restores Cellular Health**

YOU'RE INVITED TO TRY DERMAGIST RISK FREE!*

We are so confident that the Complete Rejuvenation System will heal your wrinkles, age spots and revitalize your cellular function we are offering you a chance to try this miracle treatment risk free! CALL (888) 771 5355 or visit www.Dermagist.com

Use Promo Code "sm1ck101" to SAVE and additional 10%!

*While Supplies Last, See Store Policy 30 Day Guarantee for Details

"I don't know that there's a way to do it any better."

Mike Beasley's career with Surry-Yadkin Electric

By Michael E.C. Gery



Mike Beasley, early days.

If you look at the years of service for the past three general managers from Surry-Yadkin EMC, you must believe this co-op is a great place to work. When Michael S. Beasley retired June 1 as general manager, he had worked 39 years with the electric

cooperative. His predecessor Ted Holyfield worked 50 years, and before him Kelly Hutchens worked 51 years. People like working at Surry-Yadkin. During Mike Beasley's time, only two employees left for other work.

When they are hired, Surry-Yadkin employees are taught to know and serve the members who own the co-op — now some 27,000 of them across five counties. Hired as a lineman, Mike later worked about 10 years as a customer service representative covering mostly Wilkes County from a service truck. He'd troubleshoot line problems, repair yard lights, connect new service. He knew every pole number in the area, and could name the members connected to those poles. He once visited a place where "some good ol' boys" he knew were drinking on the front porch. He had to disconnect electric service to the home because of continuous non-payment. After a testy conversation, Mike disconnected service from the meter and then moved on up the road. About 30 minutes later he returned and by that time someone had connected jumper cables to the main power line. He had to climb up the pole to disconnect it again. "Mike," one of the men on the porch said, "If you go up that pole to cut me off, I'm gonna shoot you." Mike climbed up anyway, disconnected it, and sure enough a shot rang out. After he climbed back down, he heard one of the men say, "Well, I don't know who put that up there. I'm a'sceered of it! I wouldn't touch it!"

Born and raised in Surry County's White Plains community, Mike and his siblings and cousins were used to working on their neighbors' and grandparents' farms. After graduating high school, he worked road construction jobs and married his school sweetheart, Janice. Then in August 1972, Kelly Hutchens hired him at the co-op. "He would hire people not for their experience, but because he knew they could be trained." Other linemen trained Mike on the job. "You sometimes learned the hard way. They told me to cut down a duplex wire, so I did and of course it burned the jaws off my pliers, so I had to go buy another pair."

In those days, the many local, small farmers were moving from hand-twining tobacco to power stringers in their


barns. Linemen kept busy running 120-volt lines to the barns. Later, bulk tobacco barns replaced the pole barns, and they needed heavier power lines. Farms and the textile industry were booming, and the co-op was growing at about 4 percent per year.

In 1989, Hurricane Hugo ripped through and took out Surry-Yadkin's entire system. All staff worked non-stop for the next eight days to restore service. Mike was on call — taking calls from home — 16 days after the storm when a man from the Ronda-Clingman area of Wilkes County called. "The man asked when we thought his power would be back on and I thought we'd had everyone back on by then. But the member said, 'Not yet.' So we sent a crew and found he had lines down in his yard. It was getting dark, so he said, 'Why don't we wait until morning.' We got him back on that night but he was in no hurry. You don't see much of that kind of patience anymore, because people are so dependent on electricity for everything."

Knowing the members and system as well as he did helped Mike in his next jobs, as safety coordinator, then marketing and member services manager, then assistant manager. About 96 percent of the co-op services are residential, with more people now commuting to work in Greensboro and Winston-Salem. Textile jobs have mostly dried up, and farming has moved past tobacco and into new crops such as wine grapes. The co-op has kept pace with changing equipment and technology, recently changing to automated meter reading.

Even through the changes, Mike says, "our main way of doing business is the same. That's what will keep cooperatives here for a long time in this business. I don't know that there's a way to do it any better."

Mike Beasley will have more time with Janice now (retired from the Surry Telephone co-op), their sons Brian (wife Tina) and Brad (wife Chrissy), their six grandchildren, as well as Mike's parents, who live next door. And he'll have more time to enjoy tending his homestead, boating and jet-skis, as well as traveling.

Working with members always has kept Mike Beasley interested in his work. "When you think about it, just about every time, they always are glad to see you, no matter when it is." 



In retirement, Mike Beasley will have more time with his grandchildren, including Hannah, seen here driving his Mustang.

No bird of the woods or fields was safe from us young Wades Point hunters.

Not one. Not the beautiful cardinal, the leaf-turning brown thrasher or the oh-so-plentiful sparrows. All were on our kill list. To us, a bird had but one purpose: to fall off a branch from the proud power of our guns.

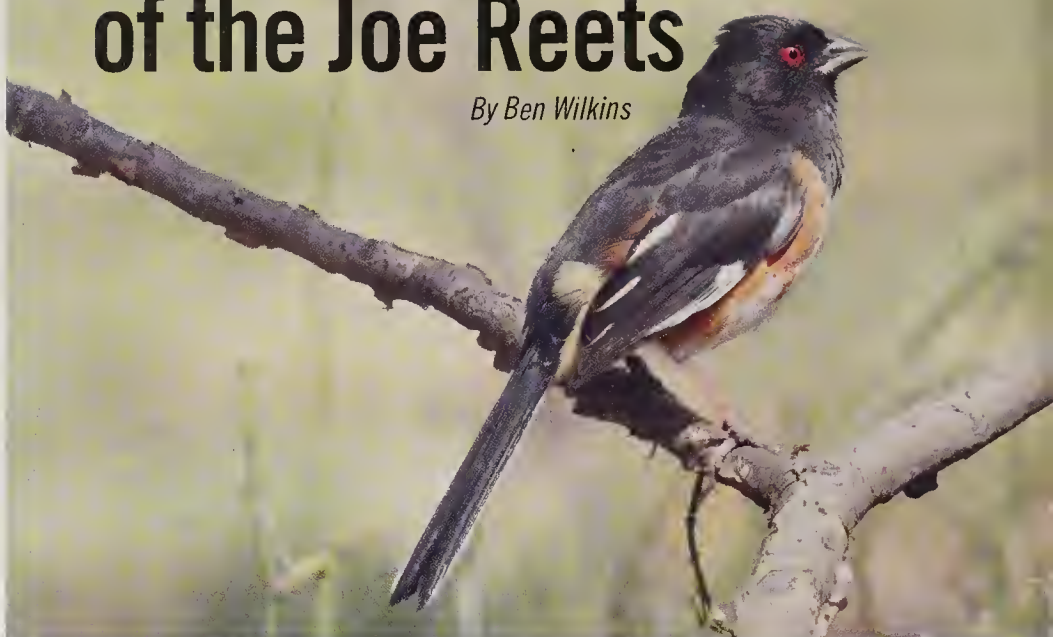
Our bird-hunting weapon of choice was the famed Red Ryder BB gun, first introduced in 1938 and modeled after the Western Winchester. It was our mainstay and first on the list. No self-respecting boy would leave home without a gun. Sling shots were also in our arsenal. We made them easily using the fork of a myrtle bush tied off with strips from an old abandoned bicycle tire. Bicycle tires then were made out of real rubber colored a dull red. That rubber would stretch like a heavy rubber band—perfect for a sling shot.

As young Wades Pointers in the 1950s—our address actually was Ransomville—our feet were shod in those black Red Ball gum boots that came from Kirk Horton's General Store & Post Office in Winsteadville. In intense and hot pursuit of birds to kill, we'd tromp through the woods, marshes, water bushes and "merkle" (what we called myrtle, although it was really bayberry).

That water bush or groundsel bush is the kind that infallibly predicts the onset of winter. One of my early memories of my dad, Edward Marshall Wilkins, is of him telling me, "See that water bush over there all bloomed out in white? When you see that, winter

The Return of the Joe Reets

By Ben Wilkins



A Joe Reet.

and cold weather are just around the corner." It is so true. To this day, I always take notice of the white stage developing on the water bushes so I can gauge the onset of cold weather.

If no bird was in sight, we would become very still and begin using our special secret weapon to call the birds to us. The sound was akin to "pisht ... pisht ... pisht." Believe it or not, it worked. Soon there would be a bird or two in the branch of the water bush or merkle. At each "pisht," they'd get a little closer until—plink!—off goes the BB gun. Much more often than not, the bird in the sights of our Daisy Red Ryders would just fly away. Usually they didn't go too far though. For the moment they were safe, until another encounter with the power and might of our guns that was sure to come soon.

A deep overcast, near rainy day was best for bird hunting. It seemed that the birds favored the lower branches and the ground on those kind of days. Robins were commonly seen gathered in large flocks back then. They liked open spaces, not the confines of the woods.

Those few unlucky birds brought to the ground by our Daisy Red Ryders

became tiny, plucked little carcasses stuck on the end of a cane break reed, then roasted on a camp fire. With oysters sizzled on the fire, and served with vinegar, salt and pepper, those little bird carcasses were fit eating. Or so we thought. At those moments, The World was good and it belonged to us. The World was our Oyster.

Daisy Red Ryder bird hunters were not alone in cooking birds. Some of our down-home adults liked to cook birds in the proper fashion: in the house. Among those was Julia Ellen Guthrie. A bird stew with onions and gravy passed the lips of many of our down-home folks, I'm sure.

Total Freedom

Once out of the house, our world was one of total freedom. Who could tell us what to do? No one! With ax in hand, matches, a Barlow pocket knife, a pea digger on our shoulder and, most importantly, our BB guns on the ready, off we'd go in search of high adventure. No one ever wore a watch. We told the time by the state and position of the sun. Watches were not for a down-homer, only for someone really rich, maybe a "beacher" who visited Wades Point for the summer. Now there were a few old folks that had a pocket watch, but we had no need for one. The sun and the growl of our bellies would tell us when to make it back to the house.

Freedom was our forte. Freedom in the woods, freedom in the creeks,

With oysters sizzled on the fire, and served with vinegar, salt and pepper, those little bird carcasses were fit eating.

freedom in the river. We didn't know about boredom. For us, boredom did not exist. Well, I take that back. Made to stay inside the house, that would have been boredom. Our motto: "Get dressed, get out. The World awaits."

The World belonged to us. And it was on our terms, too. We could go oystering—always in abundance in Satterthwaite Creek—from the mouth all the way up to the head, where Aunt Tiny and Uncle Mac lived. At the place known all over Wades Point as "the shell field" (a shell midden left by the Algonquian), we could hunt for Indian artifacts, arrowheads, stone tools, pottery shards and bones. Or we could start building a camp, usually made from dead limbs, merkle bushes and pine straw for a roof.

Especially challenging was the attempt to build a log cabin. After felling a few trees and making the necessary notches, we predictably would tire of swinging that ax, so we would move on to the next adventure. We never really finished one of those log cabins, but I could always guarantee that soon there would be a great and enthusiastic start on the next one.

How about finding some curled, silvery, green-leafed rabbit tobacco? In late fall, it was everywhere and no problem to find, ready for consumer use. Indians and country folks of past generations used this tobacco for healing many ailments. But today, we are much too sophisticated to believe any of that accumulated knowledge should have any bearing on our modern lives.

We made many corncob pipes for honorable purposes, too. Not having regular rolling papers—and not to be outdone—we'd cut off a piece of paper bag, drop in some of those dry, curly brown-green leaves, and fire up that smoke. Once we even tried to smoke some ground coffee. (Not good.) Also, trying to smoke dried plant stems usually burned our throats and was a poor choice for young smokers.

Praise Be!

I never knew the real name of the Joe Reet. It wasn't a commonly known bird, like the cardinal (our state bird), or brown thrasher, robin or killdeer. But I tell you this: Walk outside in those warm days, get quiet, and if any bird makes a sound, it will likely be the distinct "Joe Reet! Joe Reet! Joe Reet!"

Yes, it too was on our kill list. But when the experience of younger days faded into older days, even the memory of the Joe Reets was hidden deep. It would be 50-some years before the bird would return to my memory. It took a bird-feeder hung on our back deck to gradually bring to me an interest in learning about the different birds visiting it. I had really never paid any attention to these beautiful, almost haunting calls. But soon, Karla and I would try to find out more about our feathered friends. We learned to identify the Carolina wren (state bird of South Carolina) and the white-throated sparrow with its unforgettable

call ("Oh sweet Canada, Canada, Canada!") and other birds of coastal North Carolina.

Almost in desperation, I searched books and the Internet, trying to find an account or recording of the sound, "Joe Reet!" Finally, I bought the book "Birds of the Carolinas" by Stan Tekiela. On the accompanying CD, I listened to bird call after bird call. None made the call I was looking for. Karla finally put me on the straight and narrow. "Ben," she said, "you've got to listen to the whole recording. You can't just hear a sound or two and quickly move on to the next."

Well, then I listened to the whole repertoire of each bird, not just the first sound or two before going on to the next. And then—praise be!—my long search ended near the last of the many calls of one particular bird: the Eastern towhee. I heard it plain as day: one short "Joe Reet!"

Quest over. Search ended. The Joe Reet is the Eastern towhee.

The truth is, those Joe Reets never left. I had left them. As most of us, I was caught up through the years in the aspirations of life, and simply and gradually closed my eyes and ears to the abundant nature all around. Now, the Joe Reets are back in enjoyable and glorious fashion. Thank you, dear God, for the unending majesty of your creation. ❶

Ben Wilkins lives in Belhaven and is a member of Tideland Electric.



Above: Self-respecting Wades Pointers in our crab and oyster boat, ready for adventure. From left: I am in the bow, my brother Joe Cornelius wears the hat, and my brother Calvin Cornelius is on the oars. When crabbing, we used bull lip for bait.



Left: This was my dad's workboat. As you can see, there's no other term for it. Hurricane Hazel on Oct. 15, 1954, broke her loose from our landing at Satterthwaite Creek. Pungo River, and ended her working life.

The Mighty Muscadine

A native North Carolina grape shows remarkable benefits for our health



By Deborah B. Pullen

Louie Bodenhamer used to look out his back door in Rowland, Robeson County, and see tobacco fields. Today, he sees acres of muscadine grapevines.

Muscadines, North Carolina's official state fruit, are famous across the Southeast for their sweet, delicious flavor and marketed in juices, wines, jellies and dietary supplements. But researchers are increasingly studying muscadines for their potential benefits in the battle against disease.

Dr. E. Ann Tallant and Dr. Patricia E. Gallagher at Wake Forest University Health Sciences this spring presented their research findings on how muscadines inhibit cancer. Their study tested Nature's Pearl muscadine extract on seven different types of human cancer cells in vitro (in petri dishes). The doctors found that on every cell line of human cancer studied—lung, brain, breast, colon, prostate, skin and leukemia—the muscadine extract significantly reduced cancer cell growth.

"This is the most comprehensive study on muscadine grapes that has been done," said Dr. Tallant. The doctors studied muscadine extract effects on triple negative breast cancer, which has no targeted drug yet able to combat this rapidly growing cancer. They tested different doses on the growth of the cancer, and at the highest dose of muscadine seeds and skin extract, the triple negative breast cancer growth was obstructed 92.6 percent.

The Wake Forest doctors stated that if Nature's Pearl extract had limited cancer growth in even one of the lines of human cancers studied, that would have been a very good outcome. But the muscadine seeds and skin extract inhibited cancer cell growth in all seven of the human cancers studied.

Part of the secret of muscadines' power lies in its birth in the humid southern climate where it flourishes. Muscadines have developed toughness against disease, insects and fungi. This gives muscadines the ability to combat free radical damage from pollutants, radiation or other environmental poisons. When muscadines are absorbed into the body, they can make up for our body's weakening immune system as we age.

Our natural antioxidant levels drop by 50 percent by the time we are 40 years old. By the age of 60 or 70, we only have 5–10 percent of the antioxidants we had when younger. This can be caused by exposure to free radicals from poisons in the air, the water we drink, chemicals in our food, skin care or personal products. The result can be low energy and greater vulnerability to disease.

The N.C. Department of Agriculture & Consumer Services promotes muscadines as "the winner in total phenolics" (natural plant chemicals which strengthen the body). Free radicals can contribute to degenerative diseases, according to N. C. State University's College of Agriculture and Life Sciences in Raleigh. Free radical damage to brain cells can contribute to Alzheimer's, Parkinson's and other mental diseases.

Muscadine grapes are now used not only for the state's growing number of wineries but as a dietary supplement. Louie Bodenhamer, whose Rowland farm grows muscadines for Nature's Pearl supplements, juice and skin care lines, sees muscadines as a source of new life for North Carolina farmers.

Nature's Pearl, based in Davie County, has also tested its muscadine supplement in a human clinical trial with 50 cardiovascular participants. This study, conducted by Wake Forest University researcher David Herrington, found significant physiological effects on cardiovascular health.

For more information, visit www.naturespearlproducts.com. 

Good enough for a state senator

When former North Carolina state senator Fountain Odom was diagnosed with cancer 18 years ago, he decided to try to find anti-cancer products to aid in his recovery. He found health foods like green tea and blueberries, but nothing that matched the antioxidant power of the North Carolina native muscadine grape.

He then learned about the 400-year-old muscadine vine growing on Roanoke Island known affectionately as "The Mothervine." It may be America's oldest cultivated grape vine, perhaps planted by English settlers as early as 1584 or by Native Americans who used the grapes for medicine.

In 2003, Fountain and his wife, Carmen, formed The Mothervine Nutraceutical Company. They partnered with Tinga Nursery in Wilmington (www.tinganursery.com) to propagate from The Mothervine, and with Duplin Winery in Rose Hill (www.duplinwinery.com) to establish the Mothervine Vineyard. In 2008, the first bottles of Mothervine Muscadine Wine were produced and marketed. Proceeds support the nonprofit Outer Banks Conservationists.

But it wasn't just the wine they were after. Fountain and Carmen wanted what was left over from the juice: the muscadine pomace, the skin, pulp and seeds to be used in their Original Mothervine Whole Grape Supplement.

The Mothervine itself recently survived an accidental but poisonous herbicide spraying by Dominion Power and shows signs of recovery, testimony to the strength of the muscadine. At 73, Fountain Odom believes the healing properties of muscadines also have been the primary contributor to his own thriving survival.

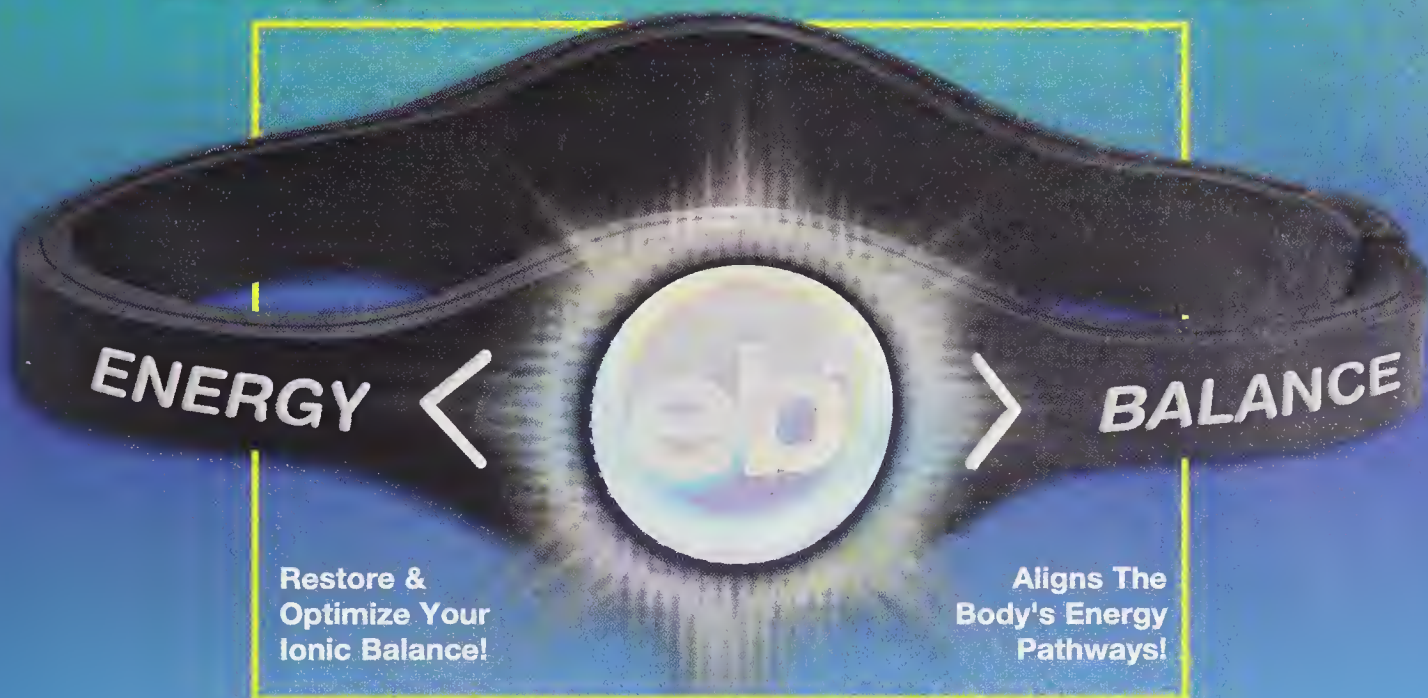
For more information, visit www.themothervine.com.



Fountain and Carmen Odom

FEEL THE POWER!

No Empty Promises – Just Immediate Results!



DUAL HOLOGRAMS

(One On Each Side)

Restore Perfect Harmony And Balance
To Optimize Your Body's Natural Energy!

*Energy Balance
BRACELET*

Save More Than 50%!

Buy Ours Today For Only

\$12⁹⁷

Similar Bracelets Sell For ~~\$29.99~~

Those Who Wear Balance
Bracelets Rave They:

- ✓ **BOOST** Energy!
- ✓ **ENHANCE** Strength!
- ✓ **SPEED** Healing!
- ✓ **INCREASE** Balance & Flexibility!
- ✓ **IMPROVE** Focus & Concentration!

RECEIVE A
**FREE
SURPRISE
GIFT**
WITH EVERY ORDER



**FEEL MORE ENERGIZED
In Everything You Do!**

www.DreamProductsCatalog.com

web offers
may vary

OR

ORDER NOW
TOLL-FREE

1-800-530-2689

Enjoy Optimal Health & Peak Performance!

No one can really explain it. But many famous professional athletes and everyday men and women swear by it. The mysterious ENERGY BALANCE BRACELET is taking the world by storm. YOU'VE GOT TO TRY IT! Just slip it onto your wrist and feel the body and mind rejuvenation that will help you feel **ENERGIZED!** The effect is truly amazing! 100% premium-grade pure stretch silicone with 2 powerful holograms that channel your body's energy frequency to enhance your strength, flexibility, balance, concentration, focus and healing! **SAVE \$4.00** when you order now!

Satisfaction Guaranteed or Return For Your Money Back

ENERGY BALANCE BRACELET

(94256)

_____ Energy Balance Bracelet(s) @ \$12.97 ea. \$

CA residents must add 8.25% sales tax \$

Regular Shipping & Handling Add \$4.95
no matter how many ordered \$ 4.95

☒ **FOR EXPEDITED SHIPPING (optional)**
Add An Additional \$2.95
(receive your order 5-7 days from shipment) \$ 2.95

TOTAL \$

☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards

Dept. 64680

Card#

Expiration Date

Name

Address

City

St

Zip

Daytime Phone #

Email Address

Check or money order payable to: Dream Products, Inc.
Send Order To: 412 Dream Lane, Van Nuys, CA 91496

CUSTOM HOMES
Built On Your Land!



\$167,990
THE WORTHINGTON

100% STICK BUILT
**MOVE IN
READY**



THE HENING

\$65,990



THE BUCKINGHAM 26

\$101,490



THE WYNDHAM

\$124,990

Charlotte
(704) 916-9568
Raleigh
(919) 229-9568
Winston-Salem
(336) 462-8568



BUILD AND PRICE YOUR DREAM HOME ONLINE AT
www.LockridgeHomes.com

*All information is deemed reliable but is not guaranteed and is subject to change without notice.

Across our state, you have a friend in agriculture.



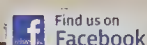
Financing For:

- Building or buying a home
- Farms, lots, & home sites
- Small or large tracts of land
- Timber & recreational tracts
- Operating expenses & equipment


Cape Fear
Farm Credit
800-368-5819
capefearfarmcredit.com

Farm Credit knows a thing or two about agriculture, and we're a friend you can depend on. We've been a consistent, stable source of financing to rural North Carolina for 95 years. Whether it is financing for your farm or your new home, we know your needs are as diverse as the landscape across our state. Call us. We're the experts.

We put our profits in your pockets!




**CAROLINA
FARM CREDIT**
Country Mortgages
800-521-9952
carolinafarmcredit.com
apply online

How to attract flying beauties to your backyard

Most people know a robin or a cardinal if they saw one—but what about the Carolina chickadee or the dark-eyed junco? And would you recognize the sweet song of a wood thrush if you heard it?

If you don't know these beauties, or others in North Carolina, you are not alone. Many people are unfamiliar with some beautiful birds specific to their region. And in North Carolina alone, more than 465 species have been recorded (including those sighted in the state).

A great way to learn about birds is to watch them in your backyard. Here are ways to attract them:

Create a friendly habitat

Birds have simple needs: food, water, shelter and places to raise young. By establishing these elements, you can make them feel at home.



NC resource

A great online resource for which shrubs, trees and flowers are good for attracting birds in North Carolina can be found at the North Carolina Cooperative Extension's website. Visit www.ces.ncsu.edu and type in "attract birds." You'll see that it's even possible to put in plants that tend to attract certain types of birds. For example, shrubs that attract songbirds and that also grow in North Carolina include butterfly bush and beautyberry. And these shrubs are pretty, too. Other good resources include your local nursery, where staff can advise you what's best for your yard.

Birds need a dependable supply of fresh, clean water for drinking and bathing. Placing a birdbath, especially one with a trickle or fountain, is excellent. John Robinson, Scotts chief ornithologist, recommends using a low, shallow birdbath, where birds normally find water. "Birds will naturally be attracted to water sources found at the ground level even more than those placed on pedestals. This is especially true if the source is in the shade to keep the water cooler," he says. Also, if you have a pond or stream, add some flat rocks where birds can perch while drinking or bathing.

Birds seek shelter at different heights. Make your garden more hospitable by growing vines, shrubs and trees. Evergreens provide excellent winter shelter, as well as protection from cats and other predators. Cavities in a dead or dying tree make great nesting spots. If there's one in your yard, let it stand unless safety is a concern.

Put up nesting boxes that will be used by species such as bluebirds, chickadees, wrens, woodpeckers and even owls.

Feed them

Wild birds spend most of their time foraging for food such as insects, fruits, nectar and seeds. Many birds may require up to 10,000 calories a day and enjoy sampling a wide variety of foods. Therefore, providing numerous feeding options is the best way to keep them

returning to your backyard habitat.

Growing plants that bloom and produce fruit, seeds or nuts at different times throughout the year attracts even more birds. Many perennials, grasses, vines, shrubs and trees also are food sources. Native birds thrive on native plants, so selecting regional beauties that produce seeds, berries, or nectar increases food sources as well as shelter and nesting materials.

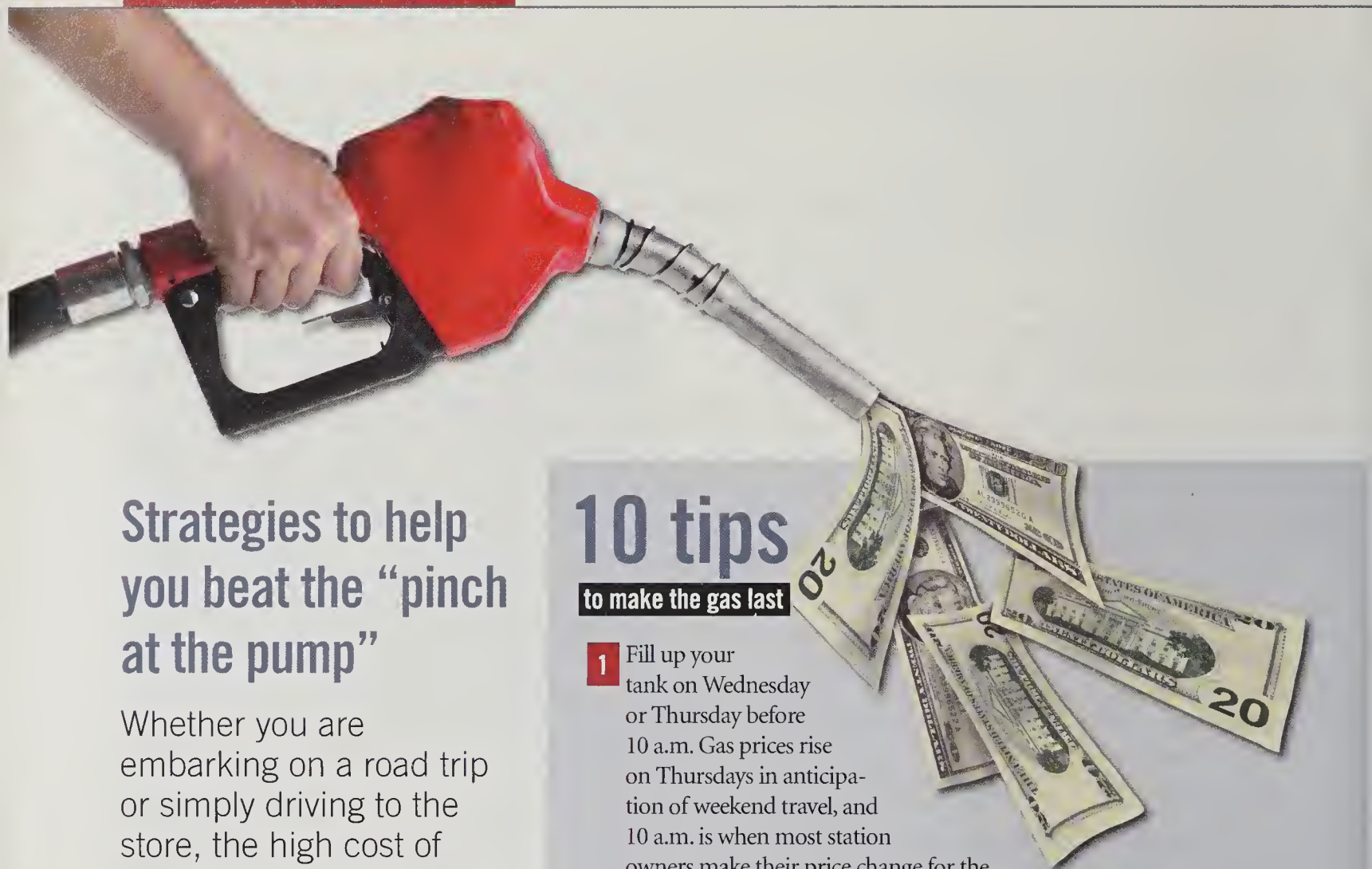
To supplement their diet, fill your feeders with high-quality wild bird food. Not all birds enjoy the same seeds, and birds found in one U.S. region may be different from birds in other regions. Look for region-specific wild bird food, such as Scotts Songbird Selections Southeastern Bird Blends. Learn more at www.scottswildbirdfood.com.

—Family Features.com



"Birds will naturally be attracted to water sources found at the ground level even more than those placed on pedestals."

—Ornithologist John Robinson



Strategies to help you beat the “pinch at the pump”


Whether you are embarking on a road trip or simply driving to the store, the high cost of gas these days means you have to be more resourceful than ever to save on fuel.

North Carolinians can find up-to-date information about the lowest gas prices in their cities and towns by visiting several price comparison websites. The site www.northcarolinagasprices.com is one of the most comprehensive and easy-to-use. There, you put in your zip code and it brings up prices near you, including names or brands of gas stations, addresses, map links and roughly how many hours ago a price was spotted. Another website that allows you to quickly enter your zip code for local prices is www.gaspricecomparison.net.

The tips at the right will help you get the most you can from each gallon of gas you purchase.

—Oil, shale and alternative energy expert Chris Faulkner

10 tips to make the gas last

- 1** Fill up your tank on Wednesday or Thursday before 10 a.m. Gas prices rise on Thursdays in anticipation of weekend travel, and 10 a.m. is when most station owners make their price change for the day. Unless it is an emergency, do not buy gas on Friday, Saturday or Sunday.
- 2** Don't let your car idle, either when you warm it up or when you are at a standstill. If you're going to be standing for more than a minute, running your engine wastes more gas than restarting the engine.
- 3** Buy gas when it's cooler during the day (like the early morning or at night) to reduce gas evaporation.
- 4** Remove unnecessary items in your car. Every 250 extra pounds eats up an extra mile per gallon of gas.
- 5** Drive less by plotting out the shortest route with a driving website beforehand, such as www.randmcnally.com. It may sound obvious but it is often overlooked.
- 6** Keep your windows closed when driving on the highway. Open windows can reduce your gas mileage by as much as 10 percent. In stop-and-go traffic, open the windows and turn off the air conditioning to save more money.
- 7** Confirm with your mechanic what octane gasoline your car's engine really needs. Most car engines do not require high octane even though the manual will say it's "recommended."
- 8** Download a Gas App ("app" stands for application) for your cell phone, to help you find the cheapest gas near your destination. GasBuddy makes it easy with its free app, and Mapquest has an online finder for gas prices.
- 9** Buy Discount Gas Gift Cards. And did you know you don't have to pay full price for a gift card? Websites like www.giftcardgranny.com offer a diverse selection of discount gas gift cards from various card vendors.
- 10** Be loyal to one gas company and get rewarded with its cash-back credit card reward program. 

Opting out

How to reduce unwanted email and other junk mail

Tired of a mailbox full of junk mail and targeted ad email? Just as consumers use a variety of ways to find information, businesses use different media to market themselves to potential customers. You may use some companies and want their information, and not others. Fortunately, you have the ability to influence and customize which businesses contact you.

Direct mail

The Direct Marketing Association's (DMA) Mail Preference Service lets you opt-out of receiving unsolicited commercial mail for five years. Register at www.dmachoice.org, or mail your request to: DMAchoice, Direct Marketing Association, P.O. Box 643, Carmel, NY, 10512. This will not stop mailings from companies that do not use this service, Bulk Mail or Current Resident Mail, but it will reduce your junk mailings by quite a bit.

If you do not wish to receive prescreened credit card offers, you can opt-out at www.optoutprescreen.com, or (800) OPT-OUT. You will have the choice of opting out for five years or permanently. To opt-out permanently, you must begin the process at the website, then return a signed Permanent Opt-out Election form, which you will be sent when you register.

Online ads

Online marketers can track your Internet usage, gather data about you and tailor ads to you based on that information.

The Network Advertising Initiative has an online opt-out tool that lets you select member companies from which you wish to stop receiving ads. Visit www.networkadvertising.org. It won't eliminate all of them, but you should see fewer ads. (If you go to the bottom of the list, you have the ability to quickly "Select All.")



The Google Ad Preferences site lets you opt-out of all ad categories, or you can add or remove selected categories at www.google.com/ads/preferences.


Yahoo has an Ad Interest Manager that lets you do pretty much the same thing. Visit the Privacy section at www.yahoo.com.

Phone books

Research shows 7 out of 10 U.S. adults use Yellow Pages directories each year, but if you choose to get your local business information elsewhere, you can adjust or stop your print deliveries. Visit the National Yellow Pages Consumer Choice and Opt-out Site at www.yellowpagesoptout.com to select which directories you wish to receive, as well as to learn more about the industry's sustainable production efforts and how you can reuse and recycle old directories.

Email

The DMA also has an Email Preference Service that lets you opt-out of receiving unsolicited commercial email from DMA members for six years. Register at www.dmachoice.org.

Make sure your email spam filters are activated. Send the filtered email to a specific folder so you can check to make sure that non-junk emails don't get automatically deleted. 

—Family Features.com

Cool energy costs with a new refrigerator

By Brian Sloboda

It sits in the kitchen, quietly humming away to keep your food cold. Most people don't think much about their refrigerator—as long as it's working. Most models will operate for a very long time without any problems, but that doesn't mean it's performing at maximum efficiency.

If your refrigerator dates from the 1980s, replacing it with a new model could cut your electric bill by \$100 per year, according to Energy Star. Savings could be as much as \$200 annually if you bought your refrigerator in the 1970s—but only if you dispose of the old unit. (Recycling an old appliance is preferable because it allows the metal, plastic and glass to be reused, and prevents toxic chemicals from ending up in landfills.)

To estimate how much energy your refrigerator consumes, visit



Larger refrigerators require more energy, so choose a size that fits your lifestyle.

www.energystar.gov and search for “Refrigerator Retirement Calculator.” Type your refrigerator’s model number into the calculator and you’ll receive an estimate of how much energy it uses and how much money a new one may save.

Hidden energy gobblers

More than a quarter of U.S. households own a second refrigerator, a number that increases by 1 percent per year, according to a 2009 U.S. Department of Energy report. However, these appliances are often older and less efficient—refrigerators manufactured prior to 1993 use two to three times more energy than today’s Energy Star-qualified models.

In addition, a second refrigerator will increase your air-conditioning costs since it produces heat. And because fridges are designed to operate in conditioned rooms, keeping one in an area more exposed to temperature extremes, such as porches, garages and basements will force it draw more power to operate properly. In winter, you even run the risk of damaging the compressor because it will not be able to complete defrost cycles.


Although convenient, a second refrigerator can mean \$420 to \$750 in additional energy costs over the lifetime of the appliance. If you can’t live without your second fridge, reduce its energy use

substantially by plugging it in just to keep drinks and food cold during parties or other special events. However, you may to consider a cheaper alternative—filling a large bucket or cooler with ice and letting it melt slightly since icy water cools soda and beer faster than ice alone.

Buying a new fridge

When shopping for a new refrigerator, look for one with a top-mounted freezer—it typically uses 10 percent to 25 percent less energy than bottom-mount or side-by-side models, according to Energy Star. Also, a larger refrigerator will require more energy, so purchase the size you really need to fit your lifestyle.

Once your new refrigerator is up and running, you can do some simple things to keep it operating as efficiently as possible. Cooling coils, on the back or underneath the unit, act like dust collectors. So make sure to vacuum them once or twice a year.

Over time, the gasket around the fridge door will loosen. If you notice that the gasket seal is loose or discolored, replace it. 

Brian Sloboda is a senior program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.



If your refrigerator dates from the 1980s, replacing it with a new model could cut your electric bill by \$100 per year, according to Energy Star.

WHERE IN
CAROLINA COUNTRY
IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 8 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive \$25.



June winner

The June photo by Renee Gannon showed Brock's Mill on Hwy. 58 in Trenton, Jones County. We received far more entries on this one than we usually do. Many of you recognized the scene from when you drive by it on the way to Emerald Isle and other beach destinations. Jason Cumbo of Cape Carteret remembers in the early 1940s bagging cornmeal here and tying off the top with a miller's knot. He also used trot lines to get catfish from the pond. The winning answer, chosen at random from all the correct entries, was from Kathy Hodge of New Bern, a member of Carteret-Craven Electric.



June

Life happens.
Frontier secures it.

PROTECT ALL YOUR DEVICES
AT HOME OR ON THE GO



- INTERNET SECURITY
- UNLIMITED BACKUP

- For PC & Macs
- Laptops
- Desktops
- Smartphones

\$8.99

Call 1.888.695.9250
and start a conversation
with us today, or go online
at FrontierHelp.com

frontierSECURESM

INTERNET SECURITY • UNLIMITED BACKUP

Internet access service and charges not included. Frontier does not warrant that the service will be error-free or uninterrupted. Taxes, surcharges, minimum system requirements and other terms and conditions apply. © 2011 Frontier Communications Corporation.



Legal Corn Liquor

Midnight Moon and Catdaddy Carolina Moonshine make North Carolina spirits bright—the legal way

By Carla Burgess

Joe Michalek will never forget his first taste of moonshine. He was at a blues jam session in Pinnacle, Stokes County, in the skirts of Pilot Mountain, when someone passed him a glass jar. He took a nervous swig but was relieved. What he thought would be awful was smooth and delicious, with a peachy sweetness. At his next meeting with a mystery jar, Michalek was braver. This time the drink tasted of strawberries, but it had the same clean finish.

The native New Yorker had stumbled onto a regional liquid delicacy. Folks have been illegally making and running moonshine in western North Carolina for as far back as most of them can remember. Their daddy made it. Their granddaddy made it. Their great-granddaddy made it. Farmers grew corn and turned it into white lightning. This enterprise reaped much greater profits than the sale of the grain outright. If people owned up and paid taxes on their moonshine, there would have been little money left to support their families.

Michalek was smitten and fast became a student of all-things-moonshine—the history, the culture, the lore and legend. Before he knew it, friends were vouching for him with the local whiskey makers and Michalek gained entry to an exclusive club, the moonshiners' inner circle. These craftsmen freely shared their liquor and their family stories. "I thought, why isn't anybody selling this legally so that everyone could find it, not just the ones that know somebody?" Michalek began distilling a notion. What if he could make moonshine on the up and up?

He started doing his homework and discovered a dormant North Carolina liquor-manufacturing license held by two men who'd had, but abandoned, a similar idea. He followed the paper trail to an abandoned train depot in

Madison, Rockingham County, not 20 minutes from his house. Inside were wasps, birds and a dusty copper still that had produced only one sad run—a 19-gallon batch of scuppernong brandy—before the owners had to turn to other obligations. Michalek snatched up the property and prepared to get his distillery up and running. With license in hand, he started turning out what old-timers called "government moonshine," a nickname for the whiskey that gave the authorities a piece of the action.

Michalek's original recipe was inspired by one of his favorite illicit drinks, "apple pie," corn liquor flavored with apple juice or cider. His concoction has a complex flavor—both sweet and spicy. Some consumers say they detect vanilla, cinnamon, nutmeg and citrus notes, but Michalek guards his recipe just like his friends in the underground do. In 2005, the first batches of "Carolina Catdaddy" made their way to the central distribution warehouse of the state's Alcoholic Beverage Control Commission and on to ABC stores across North Carolina.

FAST AND FAMOUS

Michalek's debut was a feat—Piedmont Distillers was the first legitimate whiskey to see the light of day in North Carolina. But a bigger coup was coming down the pipe. He

would soon persuade someone from a storied family of Wilkes County moonshiners to be his business partner, arguably the fastest and most famous bootlegger in the South, Junior Johnson. Before Johnson became a legendary NASCAR driver, he was hauling his family's hooch to towns all over the state map. In the middle of the night, the 14-year-old raced his daddy's souped-up car over narrow roads and around hairpin turns to outpace federal tax agents on his tail. Johnson, who turned 80 in June, says his family cranked out more moonshine than anyone in the area. "Sometimes we'd be making four or five thousand gallons a week," he says — 300 to 500 gallons to a batch.

Through their connection to RJ Reynolds Tobacco — Michalek was its top marketing executive at the time and Johnson had a longstanding NASCAR sponsor relationship as driver and team owner — the two entrepreneurs crossed paths. Michalek bent Johnson's ear about his start-up company and extended an open invitation to come on board. One day, Johnson showed up at the distillery with a friend who wanted to see what it took to "go legit." During that visit, Michalek floated another friendly "How 'bout it?" To Michalek's delight, Johnson jotted down his family's secret recipe on the spot, then issued a challenge: Fire up your still and show me what you can do.

Michalek cooked up three batches of Johnson's recipe at 80, 90 and 100 proof. The next morning, he brought samples to Johnson's shop, where folks sit down to breakfast with him every day. The 'shine was passed around and the 80 proof got the best marks. Michalek asked Johnson, "So, whaddya think?" And he responded, "That's pretty good stuff."

SWEET AND SMOOTH

They rolled up their sleeves and got to work, with Johnson bringing his tools to fabricate a replica of the family

still. After some high-tech tweaks, the spirits started flowing and a new brand was born: Junior Johnson's Midnight Moon, even better than the original recipe, Johnson says. His daddy would distill his moonshine two times in a "double-thumper" pot still. But this new-and-improved product is triple-distilled. Johnson describes the result as something like vodka but sweeter and smoother, the former owing to the corn and the latter to the added purity.

To make Midnight Moon, a mash



NASCAR legend Junior Johnson will show off his legal corn liquor, along with classic bootlegger cars, at the 'ShineFest July 30–31 in Madison.

of cornmeal, sugar, yeast and barley that is fermented in white oak barrels for several days, then heated. Alcohol boils at 173 F, compared to 212 F for water, so when the mash reaches that temperature, the alcohol rises as vapor, leaving water and any unwanted byproducts behind. The vapor is channeled to an adjacent tank where it's cooled and condenses back into alcohol, more concentrated this time. It is boiled a second time and the vapor goes into copper coils in the last tank and condenses again. The resulting liquid makes a final pass in the German column still that Michalek originally found in the building.

Piedmont's master distiller is Brian Call, a seventh-generation whiskey maker who likes to say he was home-schooled in the art of making moonshine. Call has drawn from his family's and Johnson's recipes to create Piedmont's most recent offering,

a line of fruit-infused spirits. "Fruit Inclusions", which uses Midnight Moon as a base, is made in strawberry, cherry, apple pie, cranberry and raspberry flavors. Johnson says the cherry version reminds him of the sweetened 'shine that families made in small batches they saved for themselves. "People liked the cherry taste and they'd put it in the whiskey to make it smooth."

All of Piedmont's spirits are made in 300-gallon batches — enough to fill about 1,500 750-ml jars or bottles. To date, the products are sold in 32 states. The company is driving hard to outrun new competition. When Michalek started, only two other legal distilleries in the country were selling corn-based spirits. Today, dozens are marketing products with "moonshine" on the label. Piedmont is also no longer the lone distillery in North Carolina. There are now two other active ones — Carolina Distillery in Lenoir, which makes apple brandy, and Southern

Artisan Spirits in Kings Mountain, which makes gin.

Michalek still has illegal competition, but it's friendly, he says. He reckons that several hundred moonshiners have toured the distillery. What do they think of his flavored hooch? Some say, "Too sweet for me," he says. "But nobody's said 'It's horrible!'" Asked what his daddy might think of Midnight Moon, Johnson says, "Oh lord, his chest would bust." 🍷

Carla Burgess is a Carolina Country contributing writer who lives in Raleigh.

Piedmont Distillers will be open for tours and tastings at the 3rd annual Carolina 'ShineFest July 30–31 in Madison. Junior Johnson will be signing bottles of his moonshine at the festival, which will also feature a display of bootleggers' cars and live music, crafts and a farmers market. For more information, visit www.southernculturesociety.org.

I Remember...

The Fort Fisher Hermit

Robert Harrill came to Fort Fisher in 1955 and began living among the undergrowth and scrub oaks near the present-day museum and aquarium. Later he found the old World War II bunker and set up camp there. Even later he would tell people he lived in an old 1929 Chevrolet bought from a local car dealer and used the bunker just for storage. This was when the government was taking land for a massive military arsenal across the river called Sunny Point.

People were curious about him and would drive out to the "rocks" to see what "The Hermit" looked like. He would have his frying pan set out for visitors to drop money in.

I would go to the beach with my friend Judy Blackman Warren, and we would always want to go visit The Hermit.

A coroner's report says that Robert died of natural causes in June 1972 at age 79. But many folks believe he was murdered.

When young people see this photo they ask what I have in my hair. Well, this was the days before blow dryers, and after a day's swim in the ocean we would have to get "pret-tied up" for the Carolina Beach boardwalk. We would put rollers in our hair, and around the edge where it's too short for rollers we would use toilet paper and pin-curl it.

Judy Lee, Newton Grove, South River EMC



This picture was made in August 1961, about six years after The Hermit went to Fort Fisher. From left we are Lalon Blackman, The Hermit, Ann Massengill Ortiz, Judy Barefoot Lee, Ruby Lee Hayes.

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616



A 1973 Honda Civic

The best little car I ever owned

Today's high gas prices bring to mind the "gas shortage" of 1973. I had moved to Morganton in the fall of 1972. A year later, people were in long lines at the gas pumps. Many stations allowed only \$5 worth of gas to each car. The prices weren't higher, but only a limited amount of gas was available.

Desperate times call for desperate measures. I remember one of my husband's friends put a gas tank under the ground in his backyard, and through special connections, filled it with several thousand gallons of gasoline.

That was also the year that Honda came out with the Civic. Asheville's AppleTree Chevrolet/Honda dealership sold a new Civic for \$2,500. We and our friends with the backyard gasoline tank bought twin teal-colored Civics that promised 41 miles to the gallon. It was one of the best little cars I have ever owned, and the very best car for saving money.

Sandra Roberts, Morganton, Rutherford EMC

How to trap a bear

When I was a child, my parents took my sister and me hiking regularly in Boone where we were raised. I enjoyed these family outings but was concerned that a bear might creep up on our unsuspecting party. My innocent and creative mind conceived the perfect solution.

On one hiking trip, my mother noticed that I was carrying a large stick and was drilling holes into the trail every few inches.

"What are the holes for?" my mother asked.

"To catch bears," I replied.

Amused, she asked, "How is that hole going to catch a bear?"

Surprised that my mother needed an explanation, I informed her that if a bear followed us down the trail his big toe would get caught in the hole and he would be trapped.

Perhaps it was my matter-of-fact tone that prevented my mother from laughing. She simply thanked me for keeping us safe and we finished our hike.

I made traps on many a hike after that day but never caught a bear. To this day, when I go hiking with my mother, she hands me a stick and reminds me to keep us safe from bears. 🐻

Heather Brandon, Fleetwood, Blue Ridge Electric

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

SALE STARTS TODAY!

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 350 STORES NATIONWIDE and use this 20% OFF Coupon on one of our 7,000 products* plus pick up a FREE 9 LED Aluminum Flashlight, a \$7.99 VALUE, with any purchase. We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!

✓ Over 5 MILLION NEW CUSTOMERS in the Last 2 Years!

✓ NO HASSLE RETURN POLICY

✓ Family Owned & Operated

✓ We Will Beat Any Competitor's Price Within 1 Year of Purchase!

LIFETIME WARRANTY
ON ALL HAND TOOLS!

Get More Coupons at HarborFreight.com

SUPER COUPON!



FREE!
WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT
ITEM 65020
REG. PRICE \$7.99

HARBOR FREIGHT TOOLS - LIMIT 1 Free item only available with qualifying minimum purchase (excluding price of free gift item). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



67008219

SUPER COUPON!

20% OFF
ANY SINGLE ITEM!

HARBOR FREIGHT TOOLS - LIMIT 1 Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. *Cannot be used with any other discount or coupon. Coupon not valid on any of the following: gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders or online orders. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



30044606

SUPER COUPON!

US*GENERAL 11 DRAWER ROLLER CABINET
LOT NO. 67421

INCLUDES:
• 6 Drawer Top Chest
• 2 Drawer Middle Section
• 3 Drawer Roller Cabinet

SAVE \$150

\$149.99 REG. PRICE \$299.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



46865887

SUPER COUPON!

CENTRAL PNEUMATIC 3 GALLON 100 PSI OILLESS PANCAKE AIR COMPRESSOR
LOT NO. 95275

SAVE 46%

\$39.99 REG. PRICE \$74.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



61347985

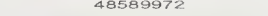
SUPER COUPON!

800 RATED WATTS/ 900 MAX WATTS PORTABLE GENERATOR
LOT NO. 66619

SAVE \$60

\$89.99 REG. PRICE \$149.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



48589972

SUPER COUPON!

CENTRAL FORCE 105 PIECE TOOL KIT
LOT NO. 4030

SAVE 46%

\$34.99 REG. PRICE \$64.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



90536913

SUPER COUPON!

LOW-PROFILE CREEPER
LOT NO. 2745

300 LB. CAPACITY

SAVE 40%

\$17.99 REG. PRICE \$29.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



86525011

SUPER COUPON!

1000 LB. CAPACITY MOVER'S DOLLY
LOT NO. 93888

SAVE 46%

\$7.99 REG. PRICE \$14.99

HARBOR FREIGHT TOOLS - LIMIT 6 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



63581474

SUPER COUPON!

PITTSBURGH AUTOMOTIVE RAPID PUMP® 1.5 TON ALUMINUM RACING JACK
LOT NO. 68053

3-1/2 PUMPS LIFTS MOST VEHICLES!

SAVE \$60

\$69.99 REG. PRICE \$129.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



10800498

SUPER COUPON!

HaulMaster 12 VOLT MAGNETIC TOWING LIGHT KIT
LOT NO. 96933/67455

SAVE 66%

\$9.99 REG. PRICE \$29.99

HARBOR FREIGHT TOOLS - LIMIT 8 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



47025689

SUPER COUPON!

drillmaster 80 PIECE ROTARY TOOL SET
LOT NO. 97626

SAVE 65%

\$6.99 REG. PRICE \$19.99

HARBOR FREIGHT TOOLS - LIMIT 7 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/11. Limit one coupon per customer and one coupon per day.



82154501

3 EASY WAYS TO SHOP!

1. VISIT! 350 Stores Nationwide

2. GO TO! www.HarborFreight.com

3. CALL! 1-800-423-2567



Feisty salsas

Headquartered in Charlotte, Feisty Mama Salsa sells all-natural salsas made with fresh ingredients and free of sugar, sweeteners and preservatives. The company, founded by Debra Dickson of Charlotte, also sells fruit salsa-marinade mixes such as So Very Pineapple and So Very Peachy, both of which contain dehydrated fruit powder, herbs and spices. The mixes can be used as a dry rub on fish, poultry, pork or beef, or you can add fresh or canned fruit, honey and jalapeno or habanero to them in a blender to make a marinade or salsa. New products include a dry mix version of the bottled salsas, called Texas Tango (comes in both medium and hot), and sugar-free, limeade and lemonade drink mixes that cost \$5 each. One 16-ounce jar of the salsa costs \$5, and a four-pack "party pleaser" with four 16-ounce jars costs \$16.

(866) 563-4078

www.feistymamasalsa.com

Bluegrass gospel CD

"Sounds Like Heaven To Me" is a new CD from longtime entertainer Lou Reid and the band Carolina. The CD is Reid and Carolina's first all-gospel project, and it offers optimistic songs full of faith. Everyone takes a turn at lead except musician Trevor Watson, who plays banjo and adds vocal harmonies. Ron Stewart guests on fiddle, Shannon Slaughter strums guitar, and Christy Reid adds her bass. Her pretty vocals shine in a heartfelt rendition of the old standard, "Sweet By and By." Other noteworthy songs include the catchy "God's Front Porch" and two acapella numbers, "It's Hard to Stumble (When You're Down on Your Knees)" and "Lord Have Mercy (On My Soul)". Lou and Christy Reid, who are members of EnergyUnited, make their home in Union Grove. Autographed copies can be ordered online at the website below for \$17.50, or you can send a check or money order for that amount to Lou Reid, P. O. Box 133, Union Grove, NC 28689.

www.loureidandcarolina.com



Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

on the bookshelf

Farm Fresh North Carolina

This first statewide guidebook of its kind takes readers on a lively tour of produce stands, farmers' markets, wineries, children-friendly pumpkin patches and corn mazes, orchards, restaurants, bed and breakfasts, agricultural festivals and more. The 425 sites listed are open to the public and personally vetted by travel writer Diane Daniel. Daniel, who lives in Durham, provides knowledgeable recommendations that give readers resources to cut a fresh Christmas tree, pick a peck of apples, take a fall hay ride, sample wine from locally harvested grapes, or spend the night on a working farm. Sidebars offer information about the state's agricultural history, politics and eccentricities, while 20 recipes gathered from North Carolina farmers, innkeepers and chefs provide delicious ways to use the day's pickings. Emphasizing farms and establishments that are independent, sustainable and active in public education and conservation, this guidebook will also help readers discover how the burgeoning farm movement is bridging North Carolina's past and present. Softcover, 296 pages, 25 illustrations, 6 maps, \$18.95.

(800) 848-6224

www.uncpress.unc.edu



Hidden Secrets, Hidden Lives

Travis Moore is on a collision course with past secrets. Twelve years after he escaped his life of mayhem on the streets, Travis thinks he can return home without any repercussions. But he ends up mentoring a sixteen-year-old named "Baby Jar," and learns that Baby Jar is deeply involved with Travis's ex-partner-in-crime, Kwame "Bone" Brown. Kwame has never forgiven Travis for skipping town and allowing him to take the fall while Travis went on to graduate from college. Kwame uses Baby Jar to lure Travis into a game of revenge. Travis has no choice but to play as he vies to hide a secret Kwame is ready to expose, one that could land Travis behind bars—or even cost him his life. This crime novel is by Leon Pridgen II, a member of EnergyUnited. Softcover, 306 pages, \$12. Published by Strebor Books, an imprint of Simon & Schuster in New York City.

(800) 223-2336

www.simonsays.com

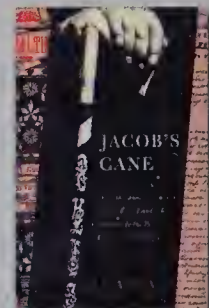


Jacob's Cane

Drawn to an image of her great-grandfather's ornately carved cane, Harvard professor and author Elisa New embarked on a journey to discover the origins of her precious family heirloom. In "Jacob's Cane," New follows her lineage through Baltimore and back to the Baltic, encountering five generations of relatives shaped by the Holocaust and the opportunities they found in America. Religion, politics, business all unite in New's story about her family and their ties to the tobacco industry, and the book enlightens on the immigrant experience of countless Americans. Published by Basic Books, a member of the Perseus Books Group, in New York City. Softcover, 328 pages, \$16.99.

(212) 340-8164

www.basicbooks.com



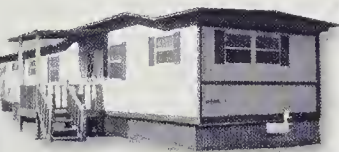
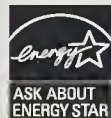
Steel Mobile Home Roofing

roofover.com 800.633.8969

PERMA-ROOF®
from Southern Builders

Insurance credit
Expert installation
Increase the value of your home
Energy Star Certified
Cut your electric bill
Stop leaks

LIFETIME WARRANTY



Since 1983

LOWEST COST Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

BRANDON RAMLET
(888) 250-5054

TALIC FORM NO. 1-32207-198



\$9,995
30X50X10
Painted Enclosed
Built Price

HORSE BARNS • GARAGES • STORAGE BUILDINGS • HAY BARNS

Ask about our do-it-yourself materials kits.



- Hurricane Upgrade E of L-95
- Fully Insured
- #1 Metal
- 4/12 roof pitch
- Engineered trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)
www.nationalbarn.com NC Lic. #52845



KENTUCKY BUILDINGS
— LLC. —

We are the Manufacturer!
Factory Direct Discounts!

FREE CATALOGUE

1-606-668-3446
www.kybuildings.net



50 Year All Steel • 35 Year Deluxe Color Roof & Trims • 2/12 & 4/12 Models
Farm • Church • Sports • Horse • Car • Plane • Home

NOILOW NI YRLYNO
851258 18 352158
FUN da MENTALS

JoynersCornerAnswers.com
subject line to:
e-mail with GO Figure in the
To see our solution, send an
2 6 9 7 8 / 7 = 3 8 5 4
S H A P E / P = B E N T
GO FIGURE!

JOYNER'S CORNER ANSWERS:



Serving all of North and South Carolina

Fight Energy Bandits

Bandits are at work right now robbing you of thousands of dollars. Energy lost through a poorly insulated or poorly roofed home costs you in more ways than one.

Call for an estimate on a new metal roof and get a **FREE** Energy Audit* worth \$350. Come up fighting!

1-800-505-3241

Low interest financing; all major credit cards accepted

*Must be homeowners over the age of 21, interested in a new roof and willing to sit through a short presentation.



AffordableMetalRoofingCarolinas.com

HEATMOR
STAINLESS
STEEL
OUTDOOR
FURNACES

NEW 2011 DESIGN



RESIDENTIAL UP TO 10,000SQ FT.
COMMERCIAL UP TO 25,000SQ FT.
EPA CERTIFIED MODELS
WOOD, COAL, CORN, PELLET, & WASTE OIL
OPTIONS
HEAT MULTIPLE BUILDINGS, POOLS, HOT TUBS, HOT WATER TANKS, & GREENHOUSES



OUTBACK HEATING, INC.

Eastern U.S. Distributor

800-743-5883

www.outbackheatinginc.com

Marquee Mischief

Humor Has It!

Growing up in Wilson I had a job one summer as an usher in the Wilson Theatre. One of my duties was to change the marquee when a new feature was to begin the next day. It was sometimes a temptation to add a letter, omit a letter, or change a letter before folding my ladder and going home for the evening.

To my credit, I never did it, but the idea has stuck with me over the years. Here, for better or for worse, are some ideas:

GONE WITH THE WINE	TAX MUSEUM
THE BELLES OF ST. MARY'S	OF LICE AND MEN
RETURN OF THE LIVING HEAD	HERE COMES THE RIDE
MANE AT THE TOP	DUET IN THE SUN
REBEL TROUSERS	THE LEAST OF THE MOHICANS

If these give you any ideas, send them along to Joyner's Corner, along with your name and the name of your cooperative.

Go Figure!

Solvers of this division puzzle will get BENT out of SHAPE. Each letter stands for a digit. The repeated letters stand for repeated digits. To get you started, P=7 and 74=half a QT. Can you replace the missing digits?

		B	E	N	T
P					
7		S	H	A	P
					7

Kith 'n Kin

I just read this quote from someone who shall be nameless. "Gen. Robert E. Lee was married to my 5th cousin, 3 times removed...Robert E. Lee's children were my 6th cousins, twice removed"

This puts the writer in the same relationship with hundreds of folks, many of whom he might not want to claim such a close relationship with. Have you ever gotten your first cousins twice removed confused with your second cousins once removed? You will find a chart that attempts to explain all this at

www.obliquity.com/family/misc/cousin.html

And then
I read

Oh, Kay!

The paper says stroke victims are getting younger. Why can't doctors do that for everybody!



FUNDAMENTALS

THE PUNDIT SAYS a chicken crossing the road is...

4	7	8	8	1	2	0
R	U	N	N	I	T	Y

x 2
T

6	1	7	6	0	7	9
L	I	U	L	Y	U	P

x 3
M

x 2
T

O

O

O

Solve the multiplication problems above and write your answers in the box tops, one digit to each box. Then match boxes to find hidden words in your answers.

For answers, please see page 31

Affordable Steel Buildings

- NC Owned and Operated
- Farm Buildings
- Garages
- Workshops
- 100% Usable Space
- Durable
- DIY Construction

Great Deals Available!
Ask us about
Demos, Repos and More!

1-800-222-6335

www.usbuildingsdirect.com U.S. Buildings

MOBILE HOME EXTERIORS



- Steel & Rubber Roofing Systems Available
- Insulated Roofing Systems
- Premium Vinyl Siding
- Vinyl Replacement Tilt-in Windows
- Financing Available W.A.C.



For a FREE No Obligation Estimate Call:

1-800-849-5715

www.MobileHomeExteriors.com

RENEGADE

1.877.363.4233

STEEL BUILDINGS, INC.



30x60x10 \$9,500.00 50x80x12 \$16,900.00
40x75x12 \$13,500.00 60x120x14 \$27,400.00
All prices for base building FOB plant

• All sizes avail. • 25 yr. warranty

Built Strong...Renegade Strong
renegadebuildings.com

COVER YOUR ASSETS WITH PIONEER STEEL BUILDINGS



Specials start at \$5 to \$12/sq. ft.

MANY MODELS & SIZES AVAILABLE!

800-668-5422

PIONEERSTEEL.COM 30 YEAR REPUTATION...BUILT OF STEEL



Arco Steel Buildings

1-800-241-8339

24 x 36 x 10	\$ 6,558
40 x 60 x 10	\$10,522
60 x 75 x 10	\$17,150
100 x 75 x 12 w/column	\$29,522
20 x 100 x 8'6" Mini Warehouse	\$ 8,397

ALL SIZES AVAILABLE!

www.arcosteel.com

30 Years

Arco Building Systems, Inc.

(FOB PLANT - LOCAL CODES MAY AFFECT PRICES)

40' x 60' x 12' basic building
Starting at only

\$11,300

A National Leader in Steel Buildings...
www.premierbuildings.com



PREMIER
Building Systems, Inc.

"Steel Buildings Any Size."

1.800.882.5150

Celebrating 16 years of ironclad customer service!

HEALTH INSURANCE

Monthly Rates

Age	Insured	With Spouse	With Child(ren)	Family
0-50	\$299	\$499	\$509	\$719
51-65	\$339	\$579	\$589	\$819

**\$10,000
WHOLE LIFE**
Rates Never Go Up

Age	M	F	Age	M	F
50	\$26	\$21	70	\$67	\$51
60	\$41	\$32	80	\$134	\$101

**\$500,000
TERM LIFE**
Rates Go Up

Age	M	F	Age	M	F
0-40	\$17	\$15	60	\$93	\$63
50	\$37	\$31	70	\$291	\$172

Other ages, amounts and terms available.
Call today for full details and free quotes.

TUCKER AGENCY

(843) 450-8286

Toll Free 1-866-604-0417

Your Ugly Nail Fungus Can Be Gone!



If you want a safe, natural way to be rid of ugly nail fungus, our formula works...

GUARANTEED!

Send \$14.95 to: **Herbal Nail Fungus Soak**

Questions?
Check our Q & A button,
on the Nail Fungus page
of our website.

"Dear Jim Long, This product is amazing!!! I've had toe nail fungus on my big toe for about 20 years. My nail was thick, yellow and until I found your product I thought I was destined to have a thick yellow toe nail forever. I also had cracked heels and athlete's foot. Both have cleared up dramatically. Thank you so much for such a wonderful product." ...Cathy G., Ohio



Long Creek Herbs
P.O. Box 127-N
Blue Eye, Missouri 65611
417-779-4009

www.LongCreekHerbs.com

(Phones answered Mon. - Fri. 8 - 5 Central)

Major Credit Cards & PayPal Accepted

**Long
Creek**
Herbs



Sweet potatoes love North Carolina's sandy soil

Did you know that North Carolina is the Number One producer of sweet potatoes in the U.S.? More than 40 percent of the national supply of sweet potatoes comes from North Carolina. Sweet potatoes are grown mostly in the Coastal Plain region, where well-drained, sandy soil benefits this root vegetable. Johnston County leads all others in producing sweet potatoes.

Sweet potatoes will grow from May through late October. They can be started from plants called "slips." Always buy plants grown from certified disease-free roots.

Transplant the slips in warm soil. Set them 12 to 18 inches apart, preferably on a wide, raised ridge about 8 inches high. A ridge not only dries better in the spring but also warms earlier than an unridged area.

It's a good idea to rotate your sweet potato crop yearly.

When buying sweet potatoes to eat, select sound, firm roots. For the most food value, choose sweet potatoes of a deep orange color. These vegetables are low in sodium, cholesterol-free, fat-free, high in fiber,

and they contain minerals and vitamins A, C and E.

Once you purchase your sweet potatoes, handle them carefully to prevent bruising. Store them in a dry, unrefrigerated bin kept at about 55–60 degrees F. Do not refrigerate them, because temperatures below 55 degrees F. will chill this tropical vegetable and give it a hard core and undesirable taste when cooked.

Recommended varieties (all are 100 days to harvest)
Beauregard: light purple skin, dark orange flesh, extremely high yielder.

Bush Porto Rico: compact vines, copper skin, orange flesh, heavy yield.

Centennial: orange skin and flesh, stores well, resistant to internal cork and wilt.

Georgia Jet: red skin, orange flesh, somewhat cold tolerant.

Jewell: orange flesh, good yield, excellent keeper.

Sumor: ivory to very light yellow flesh, may be substituted for Irish potatoes in very warm regions.

North Carolina sweet potato links
www.ipmcenters.org
www.ncagr.gov/markets
www.ncsweetpotatoes.com

To do in July

- ▶ Continue fertilizing garden vegetables.
- ▶ Give landscape plants a second feeding of fertilizer.
- ▶ Take soil samples from your lawn area for testing. Soil sample boxes are available at the county Cooperative Extension Center.
- ▶ Set out plants of Brussels sprouts and collards in mid-July.
- ▶ Begin your fall vegetable garden by planting beans, carrots and tomatoes.
- ▶ Start broccoli, cabbage and cauliflower plants in peat pots to transplant into the vegetable garden in mid-August.
- ▶ Begin repotting overgrown houseplants.
- ▶ Prune bleeder trees like maple, dogwood, birch and elm.
- ▶ Prune the fruiting canes of raspberry and blackberry plants after harvest is over. Cut canes at ground level.
- ▶ Prune off dieback limbs on hybrid rhododendron.
- ▶ Trim hedges as needed.
- ▶ Continue pruning white pines and narrow-leaf evergreens such as juniper early in July.
- ▶ Do not prune spring flowering shrubs now.
- ▶ Remove faded flowers on crape myrtle and flowering perennials to encourage a second flowering.
- ▶ Shear red-tip photinia in the last week of July or the first week of August for red foliage through the winter.
- ▶ Pinch your chrysanthemums the first week only.
- ▶ Look around to see if your home landscape can use additional shade trees, and where they should go.
- ▶ If you see blossom-end rot on tomatoes, they may be getting too little rain or not enough lime.
- ▶ In dry weather, both your vegetable garden and landscape plants will benefit from a good soaking watering. Slow watering will penetrate the root zone better. ⑥

Plants in flower this month

Mimosa
 Trumpet Creeper
 Phlox
 Butterfly Weed
 Daylily
 Red Hot Poker
 Sourwood
 Crape Myrtle
 Stewartia
 St. John's Wort
 Abelia
 Peegee Hydrangea
 Chaste Tree
 Canna
 Shasta Daisy



Mary Conroy is a Master Gardener in Forsyth County. Visit her online gardening forum: www.gardeningcarolina.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

Build it the MADISON Way

- > *No costly construction loan required.*
- > *We pay standard closing costs.*
- > *No down payment required.*
- > *Free site evaluation.*
- > *Stick-built homes starting at \$66/sq ft.*



Madison Homebuilders

Charlotte, Conover & Columbia



**Up To \$5,000
In Free Options or
Free Granite Kitchen
Countertops**

FOR A FREE BROCHURE WITH FLOOR PLANS, CALL US OR VISIT OUR WEBSITE

Charlotte, NC

1-800-957-9304

Conover, NC

1-866-847-6815

Columbia, SC

1-888-745-1011

www.madisonhomebuilders.net



THEY JUST SCORED

HUGE

**ENERGY SAVINGS.
WANT THEIR SECRET?**

NAME:

Carolina Watt-Busters,
Morrison Residence Hall, UNC Chapel Hill

WINNERS OF:

EPA's first-ever National Building Competition

SAVINGS:

36% reduction in energy use | \$250K in one year

These students and the UNC Energy Management team helped their dormitory cut more than 730 metric tons of carbon emissions, earning ENERGY STAR® certification for their building and big savings for their school. Find out how they saved and how you can help, too, at energystar.gov.



July Events



The Carolina Chocolate Drops will be among the performers at the 14th annual Music Fest 'N Sugar Grove July 8–9. Enjoy traditional music and family fun at the Historic Cove Creek School in Sugar Grove, about 7 miles west of Boone. Others on the bill include Doc Watson, Shannon Whitworth, the Kruger Brothers and Sweetbriar Jam. For more information call (828) 297-2200 or visit <http://musicfestnsugargrove.org>.

ONGOING

Civil War 150 Traveling Photo Exhibit
Eastern route, Public Library
July 2–29, Lillington
(919) 807-7389
www.civilwar150.org

Civil War 150 Traveling Photo Exhibit
Western route, Public Library
July 2–29, King
(919) 807-7389
www.civilwar150.org

Art After Hours
Second Fridays
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

"The Lost Colony"
Outdoor drama
Mon–Sat evenings, Manteo
(252) 473-3414
www.thelostcolony.org

Park Rhythms
Thursdays, Black Mountain
(828) 669-2052
www.bmrecreation.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Friday monthly
Mount Airy
(336) 786-7998
www.visitmayberry.com

Umbrella Market
Wednesdays through September
Greenville
(252) 329-4200
www.uptowngreenville.com

Farmer's Market
Saturdays
Wake Forest
(919) 671-9269
www.wakeforestmarket.org

Music At The Mills
Bluegrass and more
Through July 29, Union Mills
(828) 287-6113
<http://unionmillslearningcenter.org>

American Dance Festival
Through July 23, Durham
(919) 684-6402
www.americandancefestival.org

An Appalachian Summer Festival
Through July, Boone
(828) 262-6762
www.appsummer.org

"Olden Ways—Our Treasured Days"
Summer arts camp
July 18–22 & 25–29, New Bern
(252) 638-2577
www.cravenarts.org

Outdoor Dramas
Four plays
July 7–Aug. 13, Snow Camp
(336) 376-6948
www.snowcampdrama.com

Yadkin Valley Craft Guild Pottery
Through July 30, Seagrove
(336) 873-8430
www.ncpotterycenter.org

Music on Main Street
Through Aug. 19, Hendersonville
(828) 693-9708
www.historichendersonville.org

Baseball in Cleveland County
Through Aug. 20, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

"Fruits of Summer" Exhibit
Through August, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Clay County's 150th Special activities
Through fall, Hayesville
(828) 389-3704
www.ncmtncchamber.com

"Fine Art of Wood"
Through Sept. 6, Asheville
(828) 665-2492
www.ncarboretum.org

Haywood's Farmers Market
Through Dec. 3, Waynesville
(828) 627-1058
www.waynesvillefarmersmarket.com

Transylvania Tailgate Market
Through Dec. 17, Brevard
(828) 862-3575

"A Journey Thru 20th Century" Exhibit
Through Dec. 2011, Oxford
(919) 693-9706
www.granvillemuseumnc.org

1 | FRI.

Uptown First Friday Artwalk
Greenville
(252) 329-4200
www.uptowngreenville.com

Christmas in July
July 1–2, West Jefferson
(336) 982-2021
www.christmasinjuly.info

Mountaineer Antique Auto Show
July 1–3, Fletcher
(828) 400-7563
www.mountaineerantiqueautoclub.com

2 | SAT.

Downtown Cruise-In
July 2 & 16, Lenoir
(828) 759-8933
www.lenoircruisers.com

Freedom Bike Fest
July 2–4, Fayetteville
(910) 483-5311
www.freedombikefest.com

Independence Day Celebration
Henderson
(252) 438-2222
www.kerlake-nc.com

Freedom Train
Bryson City
(828) 586-8811
www.gsmr.com

5K Freedom Run/Walk
Wake Forest
(919) 761-1130
www.alpost187.org/auxillaryunit/5krunwalk/tabid/95/default.aspx

3 | SUN.

Independence Day Festivities
July 3–4, Surf City
(910) 259-1278
www.topsailcoc.com

Sunday in the Park
Carolina Gator Gumbo group
Greenville
(252) 329-4200
www.grpd.info

Vineyards' Mini Festivals
Boonville
(336) 677-1700
www.yadkinriverwinetrail.com

**Corn Husk Doll
& Papermaking Demos**
July 2-3, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Kingston Trio Folk group
Blowing Rock
(828) 295-9627
www.hayescenter.org

4 | MON.

Celebrate—Battleship Blast
Wilmington
(910) 251-5797
www.battleshipnc.com

July 4th Celebration
Fort Bragg
(910) 483-5311
www.fortbraggmwr.com/july4th.php

July 4 Activities
Clay County 150th
Hayesville
(828) 389-6561
www.hayesville.org

An Old Fashioned Fourth of July
Colonial life, games
Raleigh
(919) 833-3431
www.joellane.org

Independence Day in Salem
Winston-Salem
(800) 441-5305
www.oldsalem.org

Scottish 4th of July Parade
Montreat
(828) 669-8002

July 4th Celebration
Black Mountain
(828) 419-9300

Fireworks Hike
Black Mountain
(828) 669-9566
www.swannanoavalleymuseum.org

Independence Day Parade
Belhaven
(252) 943-3770

Celebration & Fireworks
Washington
(252) 946-3969

Fourth of July Celebration
Andrews
(828) 321-2135
www.cherokeecountychamber.com

Fireworks
Lake Lure
(828) 287-6113

Fourth of July Celebration
Murphy
(828) 361-4936
www.cherokeecountychamber.com

Celebrate in Colonial Park
Beach party, food, fireworks
Edenton
(252) 482-2323
www.visitedenton.com

Fourth of July Celebration
Greenville
(252) 329-4200
www.greenvillejaycees.com

Fourth of July Celebration
Farmville
(252) 753-4670
www.farmville-nc.com

7 | THURS.

**Grandfather Mountain
Highland Games**
July 7-10, Linville
(828) 733-2013
www.gmhg.org

8 | FRI.

"Late Nite Catechism"
One-woman comedy show
July 8-10
Blowing Rock
(828) 295-9627
www.hayescenter.org

Summer Stroll & Cruise In
Lexington
(336) 249-0383
www.uptownlexington.com

Gallery Crawl
West Jefferson
(336) 846-2787
www.ashecountyarts.org

Gospel Music
July 8-9, Golden Valley
(828) 245-8427
www.gvcmusic.com



**Discover The Trailhead
of Western North Carolina**

Morganton
NORTH CAROLINA

There's a place where trails lead back into Waldensian history, deep into glasses of local wine, and to a spot where the lights of Brown Mountain surround you. Discover it, Morganton, NC. It's just a day trip away. Visit TrailheadWNC.com or call 888.462.2921 to plan your adventure.

This project received support from
Golden LEAF
FOUNDATION



Mary Wiegold

Kids enjoy festivities at a 2010 parade in Hayesville. This year, Clay County is celebrating its 150th anniversary and multiple festivities are going on through December. This month, look for the July 2 music festival, the July 4 parade and family day, the 32nd Annual Festival on the Square July 8, and a massive arts and crafts show July 9 and 10, along with the popular rodeo. For more information, (828) 389-3704, e-mail info@claycounty150.com or visit www.ncmtnchamber.com

MusicFest 'N Sugar Grove
July 8–9, Sugar Grove
(820) 297-2200
www.covecreek.net

Festival on the Square
July 8–10, Hayesville
(828) 389-3704
www.clayhistoryarts.org

9 | SAT.

Navigate—Battleship 101
Wilmington
(910) 251-5797
www.battleshipnc.com

Shape Note Singing
Brasstown
(828) 837-2775

Chef Starr's "Samurai Kitchen"
Cooking class
Boonville
(336) 677-1700
www.sandersridge.com

Survival Skills Workshop
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Classy Chassis Car Show & Flea Market
Wilmington
(910) 259-1278
www.poplargrove.com

Brevard Designer Showhouse
July 9–24, Brevard
(828) 877-4777
www.trhospital.org

10 | SUN.

Supergit Cowboy Band
Sunday in the Park series
Greenville
(252) 329-4200
www.grpd.info

12 | TUES.

British Car Day South
Concord
(704) 843-5821
www.britishcardaysouth.com

Emerald City Band
Greenville
(252) 329-4200
www.grpd.info

"Munch on History"
Lunchtime lecture
Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Year of the Turtle
Educational program
Washington
(252) 948-0000
www.partnershipforthesounds.org

13 | WED.

Business Community Expo
Rolesville
(919) 562-7069
www.rolesvillechamber.org

15 | FRI.

Music In The Streets
Washington
(252) 946-3969

Alleghany Fiddler's Convention
July 15–16, Sparta
(336) 372-5473
www.alleghanyfiddlersconvention.com

16 | SAT.

USO Liberty Bells
Touring troupe for U.S. military
July 16–17
Blowing Rock
(828) 295-9627
www.hayescenter.org

Full Moon Festival at RayLen
Mocksville
(336) 998-3100
www.raylenvineyards.com

"It's Delovely"
Music by Cole Porter
West Jefferson
(336) 846-2787

Big Basswood Adventure
Guided hike
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Birding & Nature Walk
Boonville
(336) 677-1700
www.sandersridge.com

Michael Little Memorial Ride
Statesville
(704) 775-5288
www.troutmanchurchofgod.org

Technique Talk
Papercrafting
Tarboro
(252) 641-0857
www.cardscraps.com

Christmas Stamp A Stack
Tarboro
(252) 641-0857
www.cardscraps.com

17 | SUN.

Music In The Park
Edenton
(252) 482-8595
www.visitedenton.com

The Celtibillies
Celtic and Appalachian music
Greenville
(252) 329-4200
www.grpd.info

19 | TUES.

"Meet The Browns Comedy Show"
Greenville
(252) 329-4200

Summer Pops Orchestra
Greenville
(252) 329-4200
www.grpd.info

Summer Birding
Guided walk
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Snakes Of The East
Educational program
Washington
(252) 948-0000
www.partnershipforthesounds.org

21 | THURS.

Mountain Fly Fishing Camp
Rosman
(828) 877-3106

Purple Martins Sunset Cruises
July 21, 23, 28 & 30, Manns Harbor
(252) 473-5577
www.crystaldawnheadboat.com

"Gypsy—A Musical Fable"
July 21–31, New Bern
(252) 638-1333
www.rivertownerepertoryplayers.net

22 | FRI.

4th Friday
Arts and downtown activities
Fayetteville
(910) 483-5311
www.fayettevillealliance.com

Blue Ridge Mountain Fair
July 22–23, Sparta
(336) 372-5473
www.sparta-nc.com/blueridgemountainfair **Tahoo Pro Rodeo**
July 22–23, Newport
(252) 342-1563
www.newportflea.com

23 | SAT.

Vocaldente
German a cappella group
July 23–24
Blowing Rock
(828) 295-9627
www.hayescenter.org

Tour Of Homes
Blowing Rock
(828) 295-7323

Crystal Aikin In Concert
BETS Talent show winner
Greenville
(252) 329-4200

African American Historic Walking Tour
Washington
(252) 946-3969

Teen Challenge Charity Gold Tournament
Southern Pines
(910) 947-2944
www.sandhillstc.org

24 | SUN.

David Dyer & The Crooked Smile Band
Greenville
(252) 329-4200
www.grpd.info

Day Out With Thomas Train Ride
July 22–24 & 29–31, Bryson City
(828) 586-8811
www.gsmr.com

26 | TUES.

Don't Get Blown Away by Hurricanes
Science and preparedness
Washington
(252) 948-0000
www.partnershipforthesounds.org

28 | THURS.

High Country Crank-Up
Antique engines, children's tractor pull
July 28–30, Boone
(828) 264-4977

29 | FRI.

Ken Kolodner
Hammered Dulcimer Artist
West Jefferson
(336) 846-2787
www.ashecountyarts.org

30 | SAT.

Sprint & Olympic Triathlon
Washington
(252) 946-9168
www.fsseries.com

Rhythmic Circus
Dance, tap and music
July 30
Blowing Rock
(828) 295-9627
www.hayescenter.org

31 | SUN.

Panyelo
Steel drum band
Greenville
(252) 329-4200
www.grpd.info

Listing Information

Deadlines:

For September: July 25

For October: August 25

Submit Listings Online:

Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



www.carolinacountry.com

Civil War Sesquicentennial

Summer events include exhibits, living history programs

The Civil War changed the course of the nation, and it continues to fascinate generations later. North Carolina was the last of the 11 Southern states to secede, but it sent more troops than any other. It had the strongest peace movement of any Southern state but ultimately, lost more soldiers than any other Southern state, at least 35,000 soldiers. Great hardships were suffered by our soldiers and by their families at home.

In observance of the sesquicentennial of the Civil War (1861–1865), the N.C. Department of Cultural Resources has organized the "Freedom,

Sacrifice, Memory: Civil War Sesquicentennial Photography Exhibit" to travel the state through spring 2013. Check the Ongoing section of our "Carolina Compass" for the exhibit's east and west locations.

To help us remember the Civil War's effects on North Carolina 150 years ago, Cultural Resources planned more than 200 events and exhibits statewide. A sampling of planned summer activities are listed here. Dates and programs can change, so check first with individual sites before going. You can also get updates from your local news sources or call (919) 807-7389 or go to www.nccivilwar150.com.

Historic Bath
(252) 923-3971
The state's first town, founded in 1705

Through 2011: Exhibit, "The Civil War at Home: Uncovering Local History Through Family Letters"

Bennett Place
Durham
(919) 383-4345
Site of largest Civil War Confederate troop surrender

July 9, 10 a.m.–4 p.m.: "Textiles and Tarheels of North Carolina"

July 16–17: Living history program, "Union Occupation of the Carolinas"

Duke Homestead
Durham
(919) 477-5498
Site of major family tobacco farm in North Carolina

July 30, 2 p.m.: Lecture, "Your Boy Jim: Tobacco and Slave Leasing"

N.C. Office of Archives and History
Raleigh
(919) 807-7280

Aug. 8, 10:30–11:30 a.m.: Civil War lecture series

Battleship USS North Carolina
Wilmington
(910) 251-5797

Aug. 13, 9 a.m.–6 p.m.: Living history program on Civil War blue and gray navies

Graveyard of the Atlantic Museum
Hatteras
(252) 986-2995
Maritime history museum focused on the Outer Banks

Aug. 22–28, 10 a.m.–4 p.m.: Public display of Civil War exhibits related to the national "Flags Over Hatteras" conference at several locations on Hatteras Island, commemorating the Battle of Fort Hatteras and Fort Clark in 1861 (the Union's first naval victory).

Bentonville Battlefield
Four Oaks
(910) 594-0789
Site of largest Civil War battle in North Carolina

Aug. 27, 10 a.m.–4 p.m.: Living history program; "A Day in the Life of a Civil War Soldier," 27th NC re-enactors.

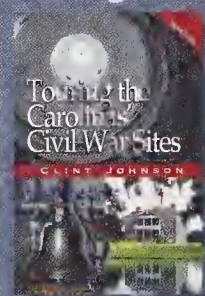
Somerset Place
Creswell
(252) 797-4171
One of the upper South's largest 19th-century plantations

Sept. 10: Lecture, "The Civil War and Its Aftermath in Washington County"

N.C. Maritime Museum
Beaufort
(252) 728-7317

Sept. 24: Lecture on the occupation of Beaufort

"Touring the Carolinas' Civil War Sites"



Timed to coincide with the 150th anniversary of the Civil War, this updated guide helps travelers find the major battlefields, forts, and memorials, as well as the lesser skirmish sites, homes and towns that also played significant roles in the war. The book's 21 tours cover both Carolinas, combining riveting history with directions and maps. This second edition includes 22 maps and 80 black and white photos (with new photos for each site), additional historic houses in Charleston, a new battlefield in New Bern, updated driving directions and more. The book is by Jefferson resident Clint Johnson, who has written nine books about the Civil War. Softcover, 464 pages, \$19.99. Published by John F. Blair in Winston-Salem. (800) 222-9796 or www.blairpub.com.

Wading through all those energy-saving claims

Q: I'd like to reduce my energy bills to save money and improve the environment, but I find a lot of conflicting information about the best ways to do it. What can I do in my home that will really make a difference?

—Brenda, Siler City

A: Brenda, you've put your finger on a real problem. You'd think that after several decades and gazillions of dollars of research, it should be relatively easy to answer that question. The problem is that there are so many factors influencing what happens in a particular house, coming up with clear, one-size-fits-all advice is very difficult.

One certainty is that reducing your use of energy regularly will reduce your energy bills.

Whenever you read anything on the Internet about houses, the first questions to ask are, "Where is this person located? What kind of climate do they have there? How similar is his or her climate to mine?"

Often, very honest people sharing information about something that worked well for them can lead you down a path to disaster. The fact that something works well in Arizona or Florida or Montana does not mean it will work in Siler City.

Another problem is that people who write Web pages sometimes simply find information on other Web pages that they think is credible and "recycle" that information over and over. A great example that can be found everywhere is to "caulk around doors and windows." This will have an impact on your energy bills, but only a negligible effect. Even so, you still find it recommended on a lot of websites and booklets.

Sometimes, this is suggested because it is low in cost and easy for homeowners or volunteers to do. It's true that something is better than nothing. I guess each of us can decide whether we want to spend time feeling like we're doing something or actually having a significant impact.

Another issue is that a lot of the information out there is published by product manufacturers or distributors. This is often solid information, but it is presented in a way to make the product look as good as possible. Many manufacturers invest substantial amounts of money to test and improve

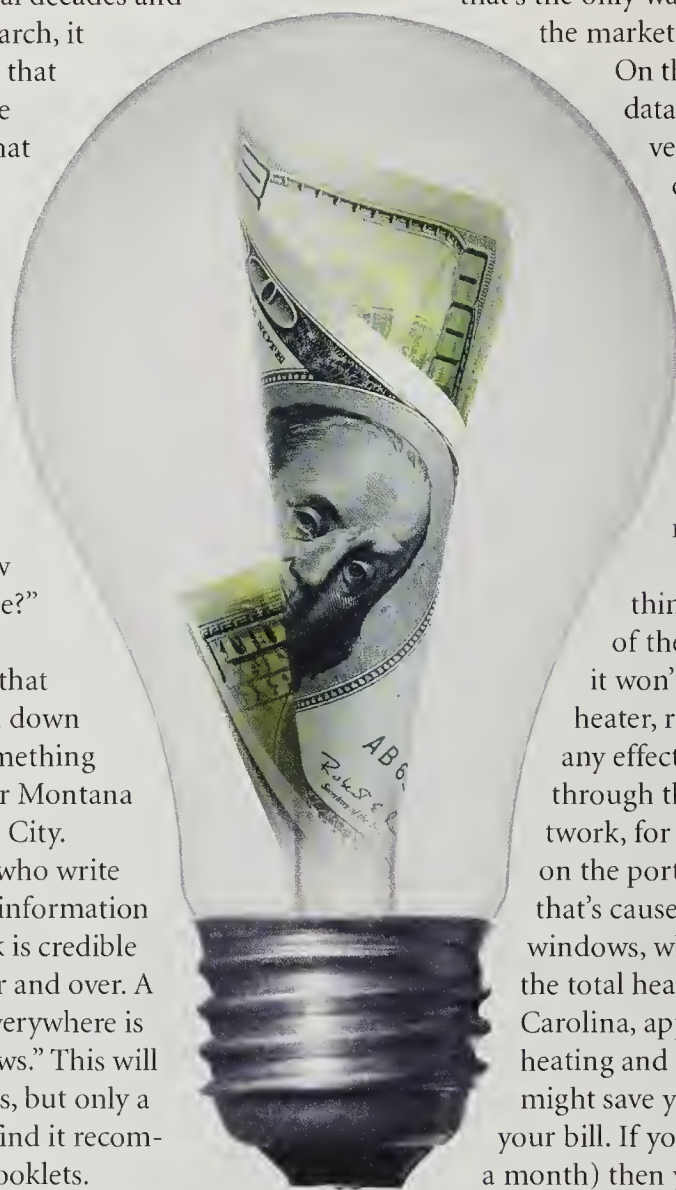
their products. They really do want them to work well, since that's the only way they'll have long-term success in the marketplace.

On the other hand, sometimes the research data are presented in a way that comes very close to deception. A window company, for instance, may determine that replacing old windows with new energy-efficient windows will reduce the heat loss or heat gain through the windows as much as 50 percent. A local window replacement company takes that data and advertises that you can save 50 percent on your utility bills by installing new windows.

Many people will read that and think it means they will save 50 percent of their entire utility bill. But, obviously, it won't have any effect on the lights, water heater, refrigerator or dryer. It won't have any effect on how much heat is lost or gained through the attic, or through leaks in the ductwork, for example. It will only have an effect on the portion of your heating and cooling bill that's caused by heat lost or gained through the windows, which is typically 10-20 percent of the total heating and cooling. In most of North Carolina, approximately half of your total bill is heating and cooling, so replacement windows might save you up to 20 percent of 50 percent of your bill. If you pay \$1,200 a year (average \$100 a month) then you might save as much as \$120 a year if you replace all of your windows.

Over the next few months we'll look at some other common recommendations. Will you really save money by getting your furnace or AC unit tuned up? How about changing the filters? Replacing light bulbs with CFLs or LEDs? Insulating your attic or your walls? Stay tuned to find out. **ⓘ**

Arnie Katz is the director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com



Business Opportunities

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

KENWILD BOBWHITE QUAIL CHICKS. Hatching 40,000 weekly, May-October. S & R Quail Hatchery, 4639 Hwy 705, Robbins, NC 27325. 910-464-2344.

WHAT ARE YOUR DREAMS? Looking to help 3 motivated people earn \$500-\$2,000/month, free car! Free ongoing training and support. www.WeFoundAFuture.com/12569

NEW DEBT-FREE COMPANY offers home-based business with exclusive patent-protected product. Zero capital investment. Serious \$\$\$ potential. Free website included. Be among the first! www.restartyl.com/jack 704-657-8284

Vacation Rental

BEAUTIFUL LOG CABINS close to the Blue Ridge Parkway. www.treasurecovecabins.com or 1-888-627-6037.

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: bnagel36@charter.net

VACATION AT OUR PRIVATELY OWNED MOUNTAIN GET-AWAYS—overlooking the pristine waters of Helton Creek. Located in the Blue Ridge Mtns. on the NC/VA border (Ashe County/Grayson County). Private hot tubs! Browse photo gallery to choose one of our custom-built Creek-side Cabins. www.highmountaincabins.com 800-238-8733.

PIGEDN FORGE, TN. CONDOR RENTAL. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. www.scenicvalleyproperties.com or call 336-657-3528.

CHERRY GROVE CHANNEL HOUSE, 4br, 3½ baths, rent by week or weekend, call 919-542-8146.

ST. AUGUSTINE BEACH CONDO, pool, boat ramp. Great get-away. Inexpensive. 828-526-8971 or 828-342-0546.

PALMS RESORT, MYRTLE BEACH. Amazing views, oceanfront, condo, spacious, beautiful, 1bed/1bath, sleeps 8. Balcony, stainless kitchen, fireplace, amenities galore. 828-288-9923.

SECLUDED COTTAGE ON ALBEMARLE SOUND near Columbia, NC. Easy drive to Outer Banks—Edenton—Merchants Mill Pond. www.egretonthesound.com

LOG CABIN IN MOUNTAINS of Ashe County, NC. Daily or weekly rental. www.carsonlogcabin.net/firms.com 336-982-2463.

CONDO AT SUMMERWINDS RESORT, near Emerald Isle: 4 bdrm, 3 bath, 4th floor ocean front, pools, sports center. Call 804-282-9350 after 6 PM. www.swartzproperties.com

BEAUTIFUL LAKE NORMAN VACATION HOME for rent. Check out our website for more details at www.vrbo.com/232384

OCEAN LAKES CAMPGROUND, Myrtle Beach. 2/BR, 1/BA house. \$700/week/peak. Missy 336-956-4405.

Real Estate

ATLANTIC BEACH, NC—3/BED, 2/BATH, 2 blocks from ocean, \$299,000. Call 252-240-2247.

WATERFRONT 1800 SQ. FT. HDME with boathouse between Edenton and Hertford. Estate sale \$140,000. 336-326-5633

Insurance

FREE QUOTE—New plans for Medicare beneficiaries with a highly respected company. Competitive rates on all plans. Call 1-800-982-8842 to speak with a senior health specialist. Plans also available for individuals under age 65.

ATTENTION COOP MEMBERS: Medicare supplements—very low rates. 1-800-252-6110.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

USED PORTABLE SAWMILLS! Buy/Sell. Call Sawmill Exchange 800-459-2148, USA & Canada, www.sawmillexchange.com

LOW MILEAGE ENGINES. BIG SAVINGS! Price includes delivery & 1 year part warranty. Mileage verified. Call Today! 901-266-9996. www.LowMileageEngines.com

A BOOK OF COLLECTED "You Know You're From Carolina Country If..." submissions from Carolina Country magazine readers. You know you're from Carolina country if you say "Laud ham mercy!" 96 pages, illustrated, 4 by 5½ inches. Only \$7 per book (includes shipping and tax). Call and we'll send you a form to mail back (919-875-3091) or buy with a credit card at our secure online site at www.carolinacountry.com.

"CAROLINA COUNTRY REFLECTIONS" More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story that goes with it. Hardcover, coffee table book, 160 pages. Only \$35 (includes tax and shipping). Order online www.carolinacountry.com or call 919-875-3091.

Miscellaneous

PLAY GOSPEL SONGS BY EAR! 10 lessons \$12.95. "Learn Gospel Music." Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204.

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7549 West Cactus, #104-207, Peoria, AZ 85381. www.ordination.org

BLUEGRASS MUSIC! Free catalog. 1-800-473-7773 or www.musicshed.com

DIVORCE MADE EASY. Uncontested, in prison, alien, lost—\$179.95 Phone 417-443-6511, 10am–10pm.

FREE BOOKS/OVDS—SOON THE "MARK" of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771 thebiblesaystruth@yahoo.com

INSTALL A NEW STAIRLIFT in your home for \$1995. Lifetime warranty. Toll free 877-585-4042.

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

Pre-Assembled
Installs in Minutes!



CasCade 4000
Floating POND FOUNTAIN! Aerator

MSRP (\$1100) You Pay \$649.85!

Complete with light & timer,
100 ft power cord, 1yr warranty!

Call 7 days/week! (608) 254-2735

FAST UPS shipping right to your door!
www.fishpondaerator.com

BEST TERM RATES
Term Life Insurance

Age	\$100,000	\$250,000
30	6.91	8.86
40	8.00	11.18
50	12.76	20.90
60	23.45	42.28

These are monthly rates for female non-tobacco users

Karl Schweikert
(888) 471-0707

We also specialize in Health Insurance

LIFETIME
mobilehomeroofing.net



1.800.893.1242



Low Monthly Payments

Singlewides | Doublewides | Houses

From Your Kitchen

Key Lime Cupcakes

Since cupcakes are the “in” thing now, this is a great cupcake recipe. Don’t let the lengthiness of the recipe scare you. It is time consuming, but worth the effort. After you make them once, it gets easier. This makes 2 dozen cupcakes.

Key Lime Filling

- 4 egg yolks
- 1 can (14-ounce) sweetened condensed milk
- $\frac{2}{3}$ cup key lime juice
- 2 tablespoons corn starch
- Zest of 1 lime

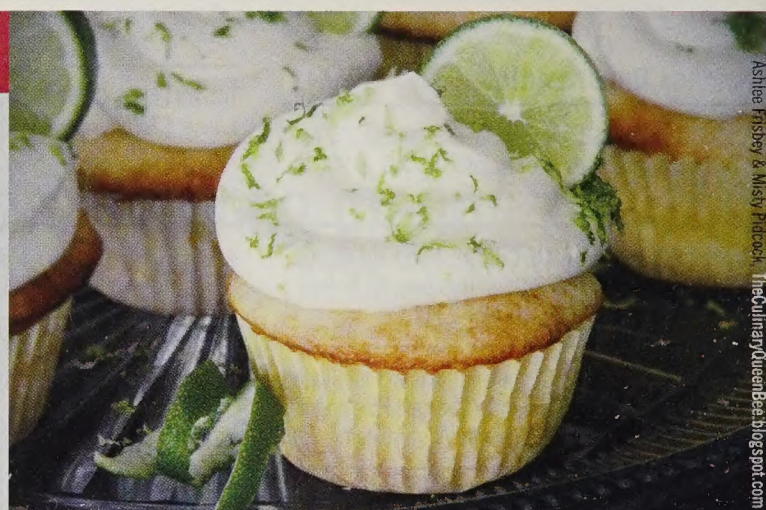
Whip the egg yolks and the lime zest at high speed until the yolks are a light yellow color and fluffy, about 5–6 minutes. Gradually add condensed milk and continue to whip at high speed for 4–5 minutes or until thick. On low mixer speed, slowly add lime juice. Mixture will separate, then gradually blend back together. Mix until well incorporated. Pour the mixture in a medium saucepan.

In a separate bowl, mix 2 tablespoons of corn starch and about $\frac{1}{3}$ cup of the key lime filling mixture. Whisk well to remove clumps. Combine the key lime and starch mixture into saucepan. Bring mixture to a slow boil over medium heat and cook until it begins to thicken. Remove from heat and cool to room temperature, then refrigerate until it cools to a thick custard consistency. While the filling is cooling, prepare the cake batter.

Yellow Cake Recipe

- 1 box (18.5-ounce) yellow cake mix with pudding
- 1 package (3.9 ounce) vanilla pudding
- $\frac{1}{2}$ cup of granulated sugar
- $\frac{1}{4}$ cup of vegetable oil
- $\frac{3}{4}$ cup of water
- 4 large eggs at room temperature
- 1 container (8-ounce) sour cream

Preheat oven to 350 degrees. Combine cake mix, instant pudding and sugar in a large bowl. Blend with a whisk to break up some of the lumps. Add the next 4 ingredients and mix with a hand-held mixer on low to just combine ingredients. Scrape down sides and bottom of bowl with a rubber spatula to make sure all dry ingredients are combined. Continue to mix on high for about 2 minutes. Place 24 cupcake liners in your cupcake pan and fill each liner half full. Cook at 350 degrees for 20–25 minutes or until a toothpick comes out clean. Remove from oven and cool. While cupcakes are cooling, prepare the frosting.



Seven Minute Frosting

- $1\frac{1}{2}$ cups plus 2 tablespoons of granulated sugar
- $\frac{2}{3}$ cup of water
- 2 tablespoons of light corn syrup
- 6 large egg whites, at room temperature

In a small, heavy saucepan, combine $1\frac{1}{2}$ cups of sugar, corn syrup and water. Clip candy thermometer to the side of the saucepan. Heat over medium heat, stirring occasionally, until sugar is dissolved. Rub a bit between your fingers to make sure there is no graininess. Raise heat and bring to a boil. Do not stir, but wash down sides of pan with a pastry brush dipped in cold water from time to time to prevent the sugar from crystallizing, until a candy thermometer registers 230 degrees about 5 minutes.

Meanwhile, in a bowl mix egg whites on medium speed until soft peaks form, about $2\frac{1}{2}$ minutes. Gradually add remaining 2 tablespoons sugar. Remove the syrup from the heat when the temperature reaches 230 degrees (it will keep rising as pan is removed from heat). Pour the syrup in a steady stream down the side of the bowl containing the egg-white mixture, with the mixer on medium-low speed.

Beat frosting on medium speed until cool, 5 to 10 minutes or until the bottom of the mixer bowl is cool to the touch. The frosting should be thick and shiny. Use immediately.

Constructing your cupcakes

Core out the center of each cupcake. You can use a 1-inch biscuit/pastry cutter or with a knife being careful not to core all the way to the bottom. Reserve the top of the cupcake. Fill each cupcake with a heaping tablespoon of filling and then replace reserved cake top on all 24. Frost cupcakes from a pastry bag or with a knife. Sprinkle each with graham cracker crumbs (optional) and top with lime zest sprinkles.

Benjamin Butler of Durham will receive \$25 for submitting this recipe.

Savory Creamed Corn

- 1 teaspoon butter
- 4 cups fresh corn kernels (from about 8 ears)
- $\frac{1}{2}$ cup Breakstone's or Knudsen Sour Cream
- 2 tablespoons Kraft Grated Parmesan Cheese
- 1 tablespoon chopped fresh basil

Heat butter in large nonstick skillet on medium heat. Add corn; cook 6 minutes, stirring frequently. Stir in sour cream; cook and stir 3 minutes or until heated through. Remove from heat; stir in cheese and basil.

—Kraft Foods

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.



Find more than 500 recipes
at www.carolinacountry.com



~~\$34.99~~

\$24.99
a month
for 12 months

Packages
starting at

(12-month price and Free HD requires 24-month Agreement)

HIGH-SPEED
INTERNET NOW AVAILABLE

\$14.95*
(certain conditions apply)

EVERYDAY PRICE GUARANTEE
THROUGH **JAN. 2013**

(Valid on qualifying packages only)



FOR A **LIMITED TIME** RECEIVE:

FREE



FREE



FREE



FREE



See below for details.

CALL TODAY
and ask about Next Day Installation

(in most areas)

1.877.331.2392

WWW.INFINITYDISH.COM

WE ARE OPEN 7 DAYS A WEEK 8 AM - MIDNIGHT EST • SUNDAY 9 AM - MIDNIGHT EST
OFFER ONLY GOOD TO NEW DISH NETWORK SUBSCRIBERS • SE HABLA **ESPAÑOL**



\$25 Visa®
gift card with activation
(courtesy of InfinityDISH, certain conditions apply)

Scan this
QR Barcode
with your phone
and learn more
about our promos!



Get FREE barcode scanning software at: www.i-nigma.mobi

Offer valid for Blockbuster By Mail "1 Disc" plan; requires activation of new qualifying DISH Network service between 5/8/11 and 8/10/11 and an online DISH Network account. Blockbuster By Mail account will require valid email address and major credit card. You must redeem offer within 45 days of DISH Network service activation. At end of 3 months you will be charged then-current price unless you cancel Blockbuster By Mail service. Existing Blockbuster By Mail customers are not eligible. This offer is not available in Puerto Rico or the US Virgin Islands. Digital Home Advantage plan requires 24-month agreement and credit qualification. Cancellation fee of \$1750/month remaining applies if service is terminated before end of agreement. After 12 months of programming credits, then-current price will apply. \$10/mo HD add-on fee waived for life of current account; requires 24-month agreement, continuous enrollment in AutoPay with Paperless Billing. Premium Movie Package offer requires AutoPay with Paperless Billing; after 3 months then-current price applies unless you downgrade. DISH Platinum offer requires qualifying HD programming, AutoPay with Paperless Billing; after 3 months you must opt to continue subscription. Free Standard Professional Installation only. All equipment is leased and must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Limit 6 leased tuners per account; upfront and monthly fees may apply based on type and number of receivers. HD programming requires HD television. Prices, packages and programming subject to change without notice. Offer available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Additional restrictions may apply. Offer ends 1/31/12. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. Starz® and related channels and service marks are the property of Starz Entertainment, LLC. \$25 Visa® gift card requires activation and \$2.95 shipping and handling fee. You will receive a claim voucher within 3-4 weeks and the voucher must be returned within 30 days. Your Visa® gift card will arrive in approximately 6-8 weeks. InfinityDISH charges a one-time \$49.95 non-refundable processing fee. Indiana C.P.D. Reg. No. T.S.10-1006. *Certain restrictions apply. Based on the availability in your area.

ATTENTION!

ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to **\$35,000!***

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses –
a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

ACT NOW!

Peace of Mind
8358 Six Forks Rd. Suite 201
Raleigh, NC 27615

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

**MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION**

CC 07/11

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue Age</u>	<u>Male (non-tobacco)</u>	<u>Female (non-tobacco)</u>
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue Age</u>	<u>Male (tobacco)</u>	<u>Female (tobacco)</u>
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply